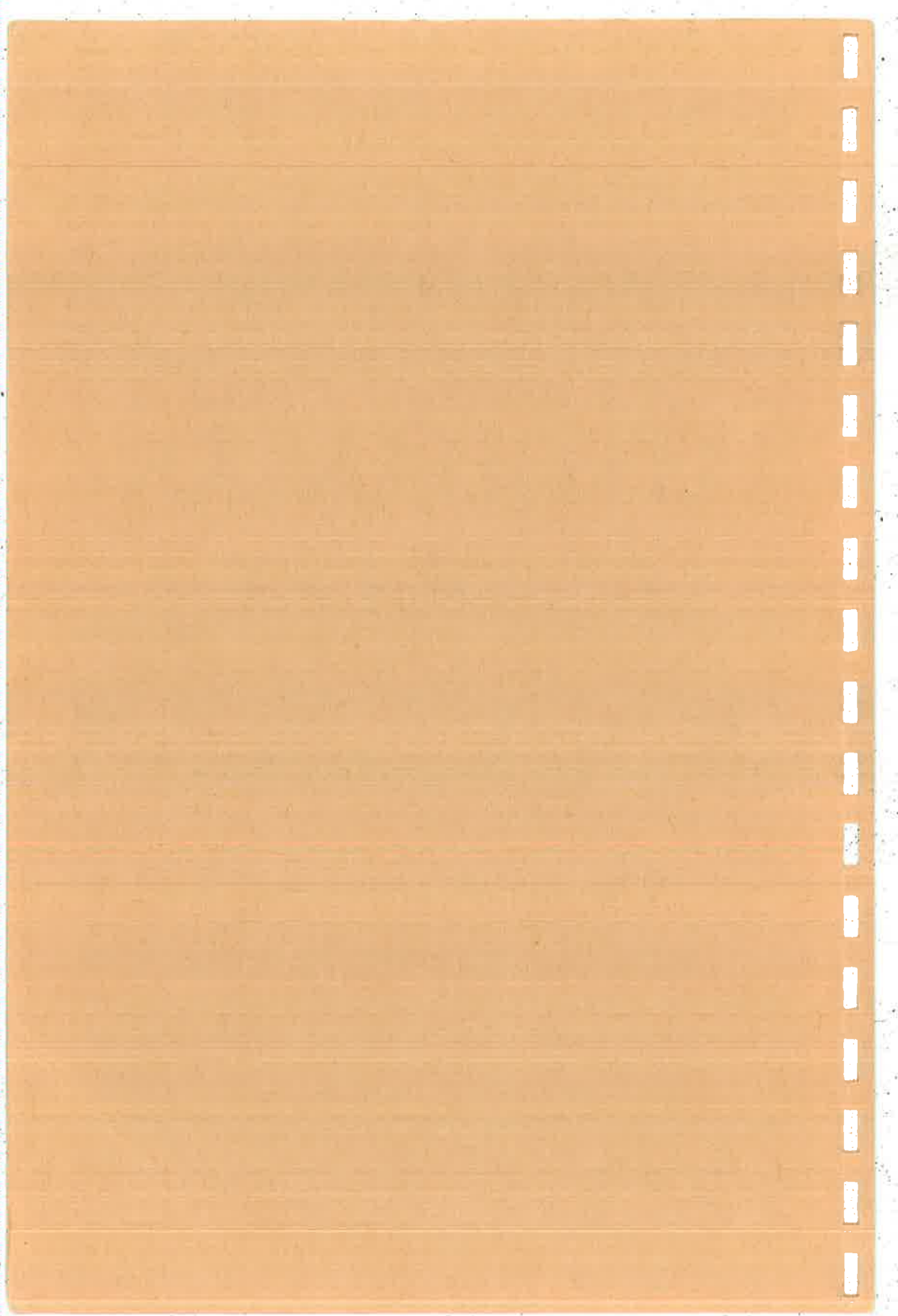




LITHUANIAN COOKERY





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Compiled by

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BROOKLYN, N.Y.
1976

FOREWORD

I prepared this book with the greatest dedication, wishing to help the young housewife prepare healthful and good-tasting food. I gathered the best recipes and confirmed the measurements, to make it convenient for every homemaker.

The measurements are based on an accurately subdivided from $\frac{1}{4}$ oz. to 8 oz. cup (Fire-King).

Most recipes are for six servings. The exceptions are some meat dishes which are prepared undivided, sometimes in a larger quantity.

The baking section requires greater accuracy, therefore the weights of some of the ingredients are included.

I would not advise changing any of the given recipes, because it is easy to ruin a dish and impossible to salvage it.

It is advisable for every homemaker to try out new recipes, but she must not feel discouraged if she does not succeed with the first attempt.

To use this book successfully, everyone, especially the young housewife, must read the general information section at the beginning of the book.

Izabelė Sinkevičiūtė

FOOD — SOURCE OF HEALTH AND ENERGY

Every living organism requires food. Food gives it energy, which is used for movement and work. From food the organism extracts elements necessary to replace dying cells and to create new matter. These processes go on constantly and the necessary food element requirements of a person depend on his age, type of work, health and environment. For the organism to develop normally, it must systematically receive in its food sufficient amounts of all the elements which make up the organism itself.

Proper nourishment increases the organism's resistance to disease, lengthens life expectancy and increases energy. Good nourishment has a great influence on the nervous system, and through it, on the whole organism. On the contrary, wrong nourishment may temporarily or even irreparably ruin an individual's health. In medicine, proper nourishment is an integral part of the healing of various diseases, while it is the main healing method in diseases of the digestive tract.

Having eaten with good appetite, a human being is contented; his organism's functions are normal and are better able to use food elements. Thereby the effectiveness of food is increased. It is, therefore, very important to serve food which will increase the appetite. The food should be good-tasting, nutritious, of good appearance and a favorite of the eater.

In the family, care for the nourishment falls upon a woman — the housewife. The feeding of the family depends on her knowledge and ability. It is possible to feed a family healthfully and deliciously, serving a variety of dishes, on a budget. On the other hand, valuable food elements are lost by poor preparation of available food. Therefore, it is essential for every woman to be interested

in nutrition, be aware of new developments in this field, and to learn from more experienced housewives how to prepare healthful, good-tasting and economical dishes. One must reject the harmful and mistaken "theory" that if one has the necessary ingredients one will know how to prepare them properly.

These are the main requirements for a healthy person's food:

1. The food must contain all the elements found in the human body, that is, proteins, fats, carbohydrates, minerals, vitamins and water.

2. The food must include the above elements in sufficient amounts for the individual's age, sex, work and environment.

3. Food must be filling and good-tasting.

These requirements can be fulfilled only by taking into consideration the significance to the human organism of every food element, and by knowing the amounts of these elements necessary to people of various ages, working in various fields in our climate.

PROTEINS

Protein is the main component of an organism's matter and cells. Protein is used by the organism to form new cells and to dispose of the old, used-up cells. Every individual's food must contain an appropriate amount of protein, because it is irreplaceable by either fats or carbohydrate. The organism, before using protein, must convert it into simpler structures in order to be able to absorb it into the bloodstream. The value of the protein depends on its content of amino acids. Animal protein is much more valuable to a human being, because it contains all the amino acids from which the human body's protein is formed. Therefore it is called full-value protein.

It is recommended that not less than one-third of the daily protein requirement should be of animal origin.

Plant protein is not so complex — it contains less amino acids — therefore it is called partial-value protein. However, potato and cabbage protein contains all the amino acids.

The lack of some amino acids in some products may be supplemented by adding other products. This makes it very important to serve a variety of food, as in such a variety the organism obtains all the amino acids it needs. It has been found that groat porridge with milk and bread, cabbage and egg have a perfect content of amino acids.

The organism of a healthy adult does not store protein under normal conditions, therefore, it must get the necessary proteins regularly. The norm of protein in a food ration is varied.

Food preparation has a great influence on the digestion and absorption of protein. Protein matter changes greatly during the cooking and frying of meat and fish. Warmth shrinks the protein, thereby squeezing out some of the water contained in the meat. Together with the water, extractive matter (matter containing taste and odor) as well as a part of the mineral salts are also squeezed out. This reduces the weight of boiled or fried meat. Boiled meat decreases in weight up to 14%, fried meat up to 37%, while fish decreases by 17 to 20%. Boiled or fried meat becomes softer and more easily digestible by the organism. Collagen — the protein connective tissue which is insoluble in water and unabsorbable by the organism, turns into gluten, which dissolves in water and is absorbable by the organism. Once the gluten dissolves, other proteins also become more accessible to the digestive juices.

Collagen begins to turn into gluten when the product's temperature reaches 60° Centigrade or 177.2° Fahrenheit. When the temperature rises the changing process is speeded up; collagen becomes gluten especially fast when the temperature reaches 100° C. (212° F.) or higher. If one pound of beef cooks 2 - 3 hours in an ordinary pot, the time can be reduced to 35 - 50 min. when using a tightly covered pot in which the temperature reaches 100° C. (212° F.). However, this method of cooking has its drawbacks: it changes the taste of food, vitamins are lost, etc. When meat or fish is fried without water and the temperature reaches 130° C (275° F), the collagen dries up before it can turn into gluten. This kind of meat is difficult for the organism to digest and absorb.

Extractive matter of boiled meat or fish remains in the broth in which these products have cooked. Extractive matter

arouses the appetite and stimulates the flow of the digestive juices.

Steamed food loses less extractive matter than that boiled in water.

CARBOHYDRATES

Carbohydrates are the organism's primary source of energy. They are found mainly in plant food products in the shape of sugar and starch. For instance, sugar is 99.9% carbohydrate, while potato starch is 80% carbohydrate. A large starch content is found in rice, groats, coarse rye bread, and others. Fresh vegetables contain few carbohydrates. The greater part of vegetables and fruit is formed by water and cellulose, which is almost indigestible. Cellulose encourages bowel movement and protects from constipation. Cellulose is found in great quantities in vegetables, fruit and coarsely-milled products. In some healing diets cellulose is used in great quantities; for instance in treating obesity the food must be non-nourishing and non-caloric yet it must be filling and able to do away with the feeling of hunger. On the other hand, when there is the presence of an ulcer or diarrhea, the stomach and digestive tract must not be further irritated and cellulose intake minimized.

The significance of carbohydrates in the nourishment of healthy people is very great. Carbohydrates provide the organism with $\frac{2}{3}$ of its heat.

The organism changes carbohydrates into sugar, and in this form they are absorbed by the bloodstream. In order to keep a certain sugar balance in the blood, the organism should receive the greater part of its carbohydrates in the form of starch. Starch is digested slowly and allows the sugar to reach the bloodstream gradually. However, when the body requires sugar quickly (during great mental or physical tension or in the presence of a weak heart) it is advisable to use more sugar.

Sugar, especially glucose, is quickly and easily assimilated by the organism.

Carbohydrates are just as important in dietetic nourishment. Whenever a diseased organism is unable to use proteins or fats, carbohydrates form the base of its nourish-

ment. Invalids, having heart or liver diseases, are fed carbohydrates — sugar, honey, glucose, fruit juices.

A healthy adult requires 1.1 lb. (500 gr.) of carbohydrates every day. Diabetics should be fed almost no carbohydrates, especially sugar. Those having rheumatism and various inflammations are also urged to limit carbohydrate, especially sugar, intake. To strengthen nourishment or to increase weight, the carbohydrate portion may be increased up to 1.32 lbs. a day.

When the carbohydrate portion that the organism receives is too large, it stores the excess in the form of fats.

FATS

Fats are about twice as concentrated as carbohydrates. Forming a layer under the skin, fats protect the organism from cold and the inner organs from injury.

Fats have two sources: plants and animals. Under normal use, a healthy adult's organism assimilates both well. The animal fats, however, are more valuable, since some of them (butter) contain vitamins.

An adult, engaged in medium-heavy physical labor, should eat two ounces (57 gr.) of fats per day. The use of too large amounts of fats is dangerous, since the excess may cause various digestive tract disturbances. Those having a liver disease should be limited to 1.2 oz. of fats a day. Fats are used to prepare low-calorie foods, such as vegetables, because fats increase the food calories and improve the food's taste. When cooked too long in soups or other dishes, fats change their taste and odor, acquiring a stearine flavor. It is recommended in dietetic meals, to add butter to already prepared dishes just before serving.

Fats fried on high heat change their chemical content, and the resulting substance irritates the bladder and the gall bladder. Therefore, dishes fried in fat must not be served to those with diseases of the liver. The organism is able to manufacture both fats and carbohydrates from all three main food elements: proteins, fats and carbohydrates. Only proteins are irreplaceable; the organism can manufacture them only from amino acids.

VITAMINS

Even though vitamins are not a source of energy, they are just as necessary to a living organism as proteins. If the organism does not receive any one of the vitamins, it ceases to function normally, and some of the organs become diseased. In a human organism, all the vitamins work together, therefore, the shortage of any one vitamin impairs the normal action of all the others.

Some vitamins dissolve in water, others only in fats (lipovitamins). Vitamins are classified according to solubility and resistance to heat. Vitamins in the C and B group are water soluble, A, D and E vitamins dissolve in fats.

Vitamin A is often called the growth vitamin, since by helping to develop a normal bone structure, it has great importance during the growth years. Lack of vitamin A will also cause an eye disease — xerophthalmia. Vitamin A also protects the breathing passage and digestive tract membranes.

Vitamin A is found in butter, milk, cream, egg yolk, liver (especially in fish liver), fish oils. The human liver can also manufacture vitamin A from carotene, which is contained in carrots, spinach, lettuce, sour grass, and other products. An adult should consume 4,000 units of vitamin A per day. Children and pregnant women need twice as much.

B vitamin consists of a group of twelve closely related vitamins. They are identified by numbers: B1, B2, B3, etc. These vitamins protect the nervous system, the skin, the digestive tract and other organs from diseases. B vitamins are water-soluble and are able to withstand great heat, therefore, they are almost unaffected by cooking or frying, yet they dissolve in the water. An adult needs 200-300 units of vitamin B per day. B vitamins are found in liver, lean meat, egg, milk and its products, yeast, coarse-milled flour, legumes.

C vitamin, also called ascorbic acid, protects the organism from scurvy and increases its resistance to various infections. It is widely used in food therapy. A healthy adult needs about 1,000 units of vitamin C per day. The daily quantity of vitamin C is greatly increased in treating various diseases. Sources of vitamin C are vegetables,

fruit and berries. It is found in great quantities in the thornberry. Cow's milk also contains vitamin C; however, here its quantity is determined by the cow's fodder. During the outdoor grazing season in the summer, there is much more vitamin C in cow's milk than during the winter. Vitamin C is water-soluble and is damaged by heat. It blends with some metals (iron, copper) and oxygen, and loses its effectiveness. Keeping this in mind, one must observe certain cooking rules in order to preserve vitamin C content in food:

1. Prepare vegetables and cook the dishes just before serving.

2. Put vegetables into boiling water since it contains less oxygen.

3. Cook vegetables in a closed container.

4. Do not keep vegetable dishes longer than one to one and one-half hours before serving.

5. Use the water in which the vegetables had been cooked to make soups.

6. Do not keep cooked vegetables for a long time, especially if peeled.

D vitamin plays a role in the activity of the minerals. It is especially necessary to children and adolescents since it helps to form a normal bone structure. Lack of vitamin D causes rickets in children. It is also necessary to adults who work in circumstances which prevent their exposure to direct rays of the sun.

D vitamin is contained in egg yolk, animal (especially fish) liver, and fish oil. Plant products contain almost no vitamin D.

Pregnant women need especially large quantities of vitamin D. Everyone else needs about 400 units daily.

MINERALS

Besides the food elements already discussed, man also needs various mineral salts, which regulate the normal activity of many organs. The bones require calcium and phosphorus; the heart and the entire muscle system need calcium and magnesium. Phosphorus is also necessary to the nervous system. Anyone engaged in heavy mental or physical labor needs more phosphorus than someone whose

work is comparatively light. Iron is a part of the blood hemoglobin and plays a part in supplying oxygen to the cells. The blood also needs copper and other salts.

The need and use of mineral salts in a human organism depends on a man's age, the type of his work, the climate, etc. If he consumes a variety of animal and plant foods, the organism obtains sufficient mineral salts, only table salt needs to be added.

To provide the organism with sufficient quantities and varieties of mineral salts in proper proportions, more milk and milk products and all kinds of vegetables must be used.

FOOD CALORIES

Proteins, fats and carbohydrates whose special function is to preserve the organism's life, are also the source of the organism's energy.

The oxidizing process, or "burning up" of food products by the organism, produces heat, which, being energy, is used by the organs of the body in their work.

The heat energy of matter is measured by large calories, that is, heat units, which are obtained in the organism at the burning up of the appropriate food product.

CHEMICAL CONTENTS OF FOOD PRODUCTS

FOOD PRODUCT	100 gr. contain							Man uses	
MEAT WITHOUT BONES & LIGAMENTS	Protein gr.	Fat gr.	Carbohydr. gr.	Cellulose gr.	Carbon gr.	Water gr.	Heat calories	Protein gr.	Heat calories
Beef, fat	19.0	25.0	trc.	-	0.9	55.0	31.0	18.0	300
Beef, medium	20.0	8.0	trc.	-	1.0	71.0	126	19.0	150
Beef, lean	21.0	4.0	trc.	-	1.1	74.0	123	20.0	115
Beef, sltd. & smoked	27.0	15.0	trc.	-	10.0	48.0	250	25.0	237
Veal, fat	19.0	11.0	trc.	-	1.0	69.0	180	18.0	171
Veal, lean	22.0	3.0	trc.	-	1.1	74.0	118	21.0	111
Lamb, fat	17.0	29.0	trc.	-	0.9	53.0	340	16.0	330
Lamb, medium	19.0	7.0	trc.	-	1.1	73.0	141	18.0	185
Lamb, lean	20.0	4.0	trc.	-	1.1	75.0	119	19.0	111
Pork, fat	16.0	34.0	trc.	-	0.8	49.0	382	15.0	362

FOOD PRODUCT	100 gr. contain							Man uses	
	Protein gr.	Fat gr.	Carbohydr. gr.	Cellulose gr.	Carbon gr.	Water gr.	Heat calories	Protein gr.	Heat calories
Pork, medium	18.0	21.0	trc.	-	1.0	60.0	269	17.0	255
Pork, lean	21.0	7.0	trc.	-	1.1	71.0	151	20.0	140
Ham, sltd., smkd, cooked	25.0	36.0	trc.	-	10.5	28.0	437	24.0	420
Bacon, fresh	2.0	85.0	-	-	1.7	10.0	802	2.7	780
Bacon, salted	14.0	51.0	-	-	2.4	32.0	530	13.0	510
Fats, Lard	1.5	90.0	-	-	0.3	8.0	840	-	820
Horsemeat, lean	22.0	3.0	0.3	-	1.0	73.0	118	20.0	110
Liver	21.0	6.0	0.3	-	1.5	70.0	142	19.0	135
Kidneys	18.0	5.0	trc.	-	1.3	76.0	120	16.0	110
Heart	17.0	12.0	trc.	-	0.9	70.0	181	16.0	170
Lungs	18.0	3.0	trc.	-	1.2	78.0	102	17.0	95
Rabbit, wild	23.0	1.0	trc.	-	1.2	74.0	103	21.0	95
Rabbit, tame	20.0	19.0	trc.	-	1.1	60.0	259	19.0	245
Venison	20.0	2.0	trc.	-	1.1	76.0	101	19.0	90
Goose, fat	14.0	44.0	trc.	-	0.7	41.0	466	13.0	445
Chicken, fat	19.0	9.0	trc.	-	0.9	70.0	162	18.0	152
SAUSAGES									
Liver, good quality	14.0	33.0	trc.	-	2.7	50.0	364	12.0	250
Liver, medium	14.0	23.0	trc.	-	2.7	60.0	271	12.0	250
Liver, poor quality	13.0	10.0	trc.	-	2.7	74.0	146	11.0	130
Blood, good quality	14.0	32.0	trc.	-	2.7	51.0	355	12.0	330
Blood, poor quality	22.0	1.0	trc.	-	2.6	74.0	100	20.0	90
Frankfurters	14.0	14.0	trc.	-	3.3	69.0	188	12.0	170
Pork sausage	12.0	35.0	trc.	-	5.1	47.0	374	10.0	350
Smoked sausage	28.0	48.0	trc.	-	6.7	17.0	560	26.0	530
FATS									
Butter, sweet	0.8	84.0	0.5	-	0.2	14.0	791	0.8	785
Butter, salted	0.6	83.8	0.5	-	2.0	13.2	784	0.6	780
Pork lard	0.1	99.5	-	-	0.2	0.3	926	0.0	920
Margarine, sweet	0.5	83.0	0.5	-	0.2	16.0	776	0.5	770
Margarine, salted	0.5	82.0	0.5	-	2.0	15.0	767	0.5	760
Margarine, melted	0.1	99.0	0.1	-	0.2	0.5	922	-	915
Palm oil	0	99.8	-	-	0.05	0.2	928	-	920
Olive, peanut, linssed oil	0	99.5	-	-	0.1	0.3	925	-	920

FOOD PRODUCT
100 gr. contain
Man uses

	Protein gr.	Fat gr.	Carbohydr. gr.	Cellulose gr.	Carbon gr.	Water gr.	Heat calories	Protein gr.	Heat calories
FISH									
Flounder	16.0	1.0	-	-	1.1 (less 50% waste)	82.0	75	7.0	33
Cod	16.0	0.3	-	-	1.3 (less 50% waste)	82.0	68	7.0	30
Eel	12.0	28.0	-	-	0.9 (less 25% waste)	58.0	309	9.0	225
Carp	17.0	9.0	-	-	1.2 (less 50% waste)	73.0	154	8.0	70
Pike	18.0	0.4	-	-	1.2 (less 50% waste)	80.0	77	8.0	35
Herring, smoked	20.0	1.0	-	-	2.8 (less 40% waste)	67.0	175	11.0	90
Herring, salted	20.0	17.0	-	-	14.0 (less 30% waste)	48.0	240	13.0	155
Herring, marinated	19.0	15.0	-	-	4.9 (less 20% waste)	61.0	218	14.0	160
Cod roe	16.0	3.0	3.0	-	15.0	63.0	106	15.0	100
EGGS									
Egg, peeled	14.0	11.0	0.6	-	0.9	74.0	162	13.0	150
Egg white	13.0	0.3	0.7	-	0.6	86.0	59	12.0	50
Egg yolk	16.0	31.0	0.5	-	1.2	51.0	356	15.0	340
Egg, dried	50.0	40.0	2.0	-	3.3	5.0	585	46.0	550
MILK PRODUCTS									
Mother's milk	1-2	2-4	6-7	-	02-03	87-90	48-74	1-2	45-70
Cows' milk	3.4	3.4	4.7	-	0.75	88.0	65	3.1	63
Cream	3.4	10.0	4.0	-	0.6	82.0	123	3.1	120
Skim milk	3.4	0.1	4.7	-	0.7	91.0	34	3.0	30
Buttermilk	3.4	0.5	4.7	-	0.7	91.0	38	3.0	33
Whey	0.6	0.1	5.0	-	0.6	94.0	24	0.6	20
Condensed to 0.5 milk	6.0	7.0	9.0	-	1.5	77.0	128	5.0	120
Powdered milk	26.0	26.0	37.0	-	5.4	5.0	500	23.0	475
Goats' milk	4.0	3.6	4.3	-	0.8	87.0	68	4.0	63
Cheese, fat	26.0	30.0	2.1	-	4.6	37.0	394	24.0	375
Cheese, lean	38.0	2.0	3.0	-	4.4	52.0	186	35.0	167

FOOD PRODUCT	100 gr. contain							Man uses	
	Protein gr.	Fat gr.	Carbohydr. gr.	Cellulose gr.	Carbon gr.	Water gr.	Heat calories	Protein gr.	Heat calories
CEREAL PRODUCTS									
Rye Flour 94% milled	8.7	1.5	72.0	1.6	1.6	14.5	345	4.0	300
82% milled	8.0	1.5	74.0	0.9	1.1	14.5	350	5.0	308
70% milled	6.9	1.1	76.0	0.4	0.8	14.5	350	4.0	310
Wheat flour 94% milled	12.6	1.9	68.0	1.8	1.6	14.5	349	7-8	288
80% milled	12.4	1.6	70.0	0.5	1.0	14.5	353	9.0	300
Wheat cereal	11.5	0.7	76.0	0.2	0.5	11.0	365	8-9	300
Barley	10.0	2.3	73.0	1.6	2.2	10.0	362	5-8	300
Oat cereal	14.0	6.7	65.0	1.4	1.9	11.0	386	12-13	360
Rice	8.0	0.5	77.0	0.5	0.8	13.0	354	6-6	320
Corn	9.0	2.1	75.0	0.9	0.9	12.0	364	7-8	316
Groat cereal	11.0	1.5	71.0	1.0	1.9	14.0	350	8.0	308
Groat flour	8.0	2.1	74.0	0.7	1.1	14.0	355	6.0	310
Rye Bread Coarse	7.8	1.1	46.0	1.6	1.5	42.0	231	3-4	200
Fine	6.0	0.8	54.0	0.8	1.2	37.0	253	3.0	220
Wheat Bread Coarse	8.4	0.9	49.0	1.1	1.3	39.0	244	6.0	210
Wheat Bread Fine	6.8	0.5	57.0	0.3	0.9	34.0	266	7.5	240
VEGETABLES									
Carrots	1.0	trc.	9.0	1.0	0.7	88.0	41	0.5	25
Turnips	1.0	trc.	4.0	0.7	0.5	94.0	20	0.25	20
Swedish turnips	1.0	trc.	7.0	1.4	0.7	89.0	33	0.25	28
Red beets	1.0	trc.	7.0	1.0	0.9	90.0	33	0.6	30
Radishes	2.0	trc.	8.0	1.6	1.1	87.0	41	0.6	25
Radishes, small, red	1.0	trc.	4.0	0.8	1.7	93.0	20	0.4	15
Horseradish	3.0	trc.	15.0	2.8	1.5	77.0	74	1.0	25
Onions	1.0	trc.	9.0	0.7	0.6	88.0	41	-	-
Garlic	7.0	trc.	26.0	0.8	1.4	65.0	125	-	-
Kohlrabi	2.5	trc.	6.0	1.2	1.0	89.0	35	1.0	20
Cabbage, white	1.5	trc.	4.0	1.2	0.9	92.0	22	1.0	15
Cabbage, red	2.0	trc.	4.0	1.1	0.7	92.0	25	1.0	15
Cabbage, Savoy	3.0	trc.	4.0	1.1	1.2	90.0	30	2.3	15
Cabbage, green	5.0	0.9	10.0	1.9	1.6	81.0	70	3.0	30
Brussels sprouts	5.0	trc.	7.0	1.5	1.5	85.0	49	3.0	25
Cauliflower	2.5	trc.	4.0	0.9	0.8	91.0	27	2.0	15
Sauerkraut	1.0	trc.	5.0	1.0	1.6	91.0	24	-	-
Spinach	2.0	trc.	2.0	0.5	1.9	93.0	16	1.6	15
Lettuce	1.0	trc.	2.0	0.6	0.9	95.0	12	1.0	8
Endive	2.0	trc.	2.0	0.6	0.8	94.0	16	1.0	9

FOOD PRODUCT	100 gr. contain							Man uses	
	Protein gr.	Fat gr.	Carbohydr. gr.	Cellulose gr.	Carbon gr.	Water gr.	Heat calories	Protein gr.	Heat calories
Green peas	7.0	trc.	12.0	1.9	0.9	78.0	78	4.0	60-70
Stringbeans	3.0	trc.	6.0	1.2	0.7	89.0	37	2.0	30
Melon	1.0	trc.	7.0	1.2	0.7	90.0	33	0.6	-
Cucumbers	0.6	trc.	1.0	0.3	0.4	98.0	7	-	-
Tomatoes	1.0	trc.	4.0	0.8	0.6	93.0	20	-	-
Kidney beans	26.0	2.0	47.0	8.3	3.0	14.0	318	17.0	260
Beans	24.0	2.0	56.0	3.9	3.0	11.0	347	17.0	310
Dried peas	23.0	2.0	52.0	5.6	3.0	14.0	326	15.0	280
Split peas	26.0	2.0	57.0	1.3	3.0	11.0	359	17.0	310
Lentils	26.0	2.0	53.0	3.9	3.0	12.0	343	18.0	310
Soya flour	50.0	0.3	33.0	2.9	6.0	8.0	343	40.0	300
Peeled potatoes	2.1	0.1	21.0	0.7	1.1	75.0	96	1.6	74
Potato starch	0.9	0.1	80.0	0.1	0.6	18.0	333	-	320
Pudding powder	2.0	3.0	79.0	2.0	0.7	13.0	360	-	335
MUSHROOMS									
Baravykai, fresh	5.0	(0.4)	5.0	1.0	1.0	87.0	43	2.5	36
Baravykai, dried	55.0	(2.7)	36.0	6.9	6.5	13.0	320	25.0	210
Voveruskos	2.0	(0.4)	5.0	0.9	1.2	90.0	30	1.3	23
Champignon, fresh	5.0	(0.2)	3.0	0.8	0.8	90.0	34	3.6	28
Champignon, dried	42.0	(1.7)	30.0	7.2	7.0	12.0	302	28.0	210
FRUITS ETC.									
Apples	0.4	-	14.0	1.3	1.4	84.0	59	0	40
Apples, dried	1.0	-	60.0	6.1	1.6	31.0	250	0	200
Pears	0.4	-	14.0	2.6	0.4	83.0	59	0	40
Pears, dried	1.0	-	61.0	6.5	1.7	29.0	258	0	200
Oranges	0.8	-	14.0	0.5	0.5	84.0	60	0	26
Strawberries	1.0	-	9.0	4.0	0.7	85.0	41	-	21
Raspberries	1.0	-	8.0	5.7	0.6	84.0	37	-	20
Blackberries	1.0	-	9.0	4.0	0.5	85.0	41	-	20
Cranberries	0.7	-	13.0	1.8	0.3	84.0	56	-	20
Blueberries	0.8	-	12.0	2.2	0.4	84.0	52	-	20
Currants	1.0	-	10.0	4.3	0.7	84.0	45	-	20
Gooseberries	0.9	-	10.0	2.7	0.5	86.0	45	-	20
Grapes	0.7	-	18.0	1.2	0.5	79.0	76	0	61
Rasins	2.0	-	64.0	7.1	1.7	25.0	27	0	21
Bananas	1.0	-	23.0	0.8	0.9	74.0	98	0.4	93

FOOD PRODUCT	100 gr. contain							Man uses	
	Protein gr.	Fat gr.	Carbohydr. gr.	Cellulose gr.	Carbon gr.	Water gr.	Heat calories	Protein gr.	Heat calories
Cherries, sweet	0.8	-	16.0	0.3	0.5	82.0	69	trc.	40-50
Cherries, sour	0.9	-	13.0	0.3	0.5	85.0	57	trc.	40-50
Apricots	0.9	-	12.0	0.8	0.7	85.0	53	trc.	35
Apricots, dried	4.0	-	57.0	4.4	3.7	31.0	250	trc.	160
Plums	0.8	-	17.0	0.5	0.5	81.0	73	trc.	40-50
Prunes	2.0	-	53.0	15.0	2.3	27.0	225	trc.	130
Rhubarb	0.7	-	3.0	0.6	0.9	95.0	16	0.4	9
Nuts, shelled	17.0	63.0	7.0	3.2	2.5	7.0	684	16.0	670
Peanuts	17.0	58.0	13.0	3.0	1.7	7.0	663	16.0	650
Chestnuts, edible	6.0	4.1	40.0	1.6	1.4	47.0	227	6.0	220
Almonds, sweet	21.0	53.0	14.0	3.6	2.3	6.0	636	20.0	620
Sugar	-	-	99.9	-	0.1	-	395	-	390
Honey, natural	0.3	-	80.0	-	0.3	19.0	300	0	300
Honey artificial	-	-	80.0	-	0.2	20.0	300	0	300
Cocoa powder	26.0	13.0	41.0	6.7	6.2	7.0	396	18.0	360
Chocolate	7.0	22.0	65.0	1.8	1.7	2.0	500	5.2	450
Acorn coffee	14.0	16.0	53.0	5.1	3.7	8.0	423	10.0	380
Preserves	1.0	-	61.0	2.7	0.4	35.0	242	trc.	237
Raspberry juice	trc.	-	9.0	-	0.5	90.0	33	trc.	32
Raspberry syrup	-	-	69.0	-	0.2	31.0	275	0	270
Cherry juice	trc.	-	16.0	-	0.5	83.0	60	trc.	58

The great calorie is a heat unit, necessary to raise the temperature of one kilogram of water by one degree centigrade. One gram of digested protein provides the organism with 4.1 calories; the same amount of calories is also provided by one gram of digested carbohydrates. One gram of digested fats, however, gives 9.3 calories to the organism.

A healthy adult's daily calorie ration and the amount of absolutely necessary food elements are determined by his age, and the type and environment of his work.

1. An adult who is employed in physical work needs 2,400 calories per day.

2. An adult who engages in light physical work needs 3,000 calories.

3. An adult who engages in medium physical labor needs 3,400 calories.

4. An adult who is employed in heavy physical labor needs 4,500 to 5,000 calories per day.

As shown above, the heavier a person's physical labor, the greater his food calorie ration must be. In other words, every man must receive in his food as many calories as the organism uses up.

COMPOSITION OF A FOOD RATION

An adult must receive one gram of protein for every kilogram of his body weight. The amount of protein is increased if he is engaged in heavy physical labor. Adolescents, convalescents and pregnant women also need more protein.

A part of the consumed protein may not be used, and is eliminated from the digestive tract with other waste material, thereby creating a difference between the amount of protein consumed and the amount of protein used. This difference is greater when proteins of plant origin are eaten.

Proteins are contained in a variety of food products.

Food products from animal origin have the greatest amount of protein. Some foods very rich in protein include meat, fish, eggs and milk. Most proteins in plant-originated food products are contained in beans, peas, various grains and cereals.

It is best to use 40% animal protein and 60% plant-origin protein in the make-up of a food ration.

The amount of fats should be the same as that of the proteins, or less. (The amount of fats may be reduced to a minimum).

A man weighs 56.7 kg. (125 lbs.) and engages in non-physical labor. His daily calorie ration is 2,400. He should get as many grams of protein as there are kilograms in his weight, that is 57 gr. (2 oz.). The amount of the fats is the same as that of the proteins, that is 57 gr. (2 oz.).

Protein 4.1×57 equals 233.7 calories.

Fats 9.3×57 equals 530.1 calories.

Together, proteins and fats supply 763.8 calories. Subtracting the protein and fat calories from the total calories allowed, we learn how many calories should be manu-

factured from carbohydrates:

2,400 — 763.8 equals 1,636.2 calories.

This amount, that is 1,636.2, is divided by 4.1, because that is the number of calories manufactured by one gram of carbohydrates. The result is 399 gr. (14 oz.). It follows that the food ration should be made up of:

Proteins 57 gr. (2 oz.) — 233.7 calories,

Fats 57 gr. (2 oz.) — 530.1 calories,

Carbohydrates 399 gr. (14 oz.) — 1,636.2 calories,

Table salt (NaCl) about 14 gr. (0.5 oz.).

Not everyone uses the same amount of salt; it depends on an individual's habit. It is advisable to use as little salt as possible.

For each kilogram in weight, a man needs 35 to 40 gr. of water daily; that is about 2 - 3 liters (2.1 - 3.2 qts.).

If a man engages in heavy physical labor, his ration of protein should exceed the one gram for every kilogram of body weight rule. In such a case, as much as 1.5 gr. of proteins and fats per kilogram of body weight may be allowable. Since fats and carbohydrates are energy matter, the fats, within certain boundaries, are interchangeable with carbohydrates and vice versa. However, in exchanging these two substances one must be aware of the food elements' caloric content not their weight in grams. In other words, they may not be exchanged gram for gram but calorie for calorie.

If one gram of fats manufactures 9.3 calories, but one gram of carbohydrates manufactures 4.1 calories, then in the exchange of fats for carbohydrates ($9.3 : 4.1 = 2.27$) the carbohydrates must provide 2.27 calories for every calorie provided by the fats. The carbohydrates must exceed the fats by 2.27.

In the counting the calorie content of food products, the degree of usability of these food products must be kept in mind.

TASTE OF FOOD

If the everyday requirement of chemically pure proteins, fats, carbohydrates, salts and water would be consumed without attention to preparation, without regard to taste, a man would get very tired of his food and would be-

gin to refuse it. Tasteless, disgusting food does not stimulate the flow of digestive juices, and where such juices are non-existent, food digestion stops. Food elements decay, become sour, and that affects one's health.

The requirement of tastiness in food is not a matter of whim or indulgence, it is the indispensable condition for good digestion.

Taste must not be ignored. A lot of effort should go into the preparation of tasteful food. Here arises the necessity to know how to prepare good food, using seasoning and flavorings. Onions, peppers, mustard, horseradish, etc. are means of helping the knowledgeable homemaker in the preparation of delicious dishes.



TABLE SETTING AND SERVING OF MEALS

THE EVERYDAY TABLE

Mealtime, in the life of the family, is a quite important event. Usually, all the members of a family gather at the table. Shouldn't these few moments while eating together pass smoothly and enjoyably? Every homemaker or mother of the family sincerely desires this. Bad mood, irritation during mealtime, work adversely not only to family life in general, but in the digestion of food. Good digestion demands a pleasant atmosphere. A cheerful mood at table, of course, depends on all those taking part in the meal. An unguarded word or action of even one member may spoil the enjoyment of all. However, the greatest responsibility rests on the homemaker. An alert and aware homemaker will be able to avert a great deal of unpleasantness. Various shortages at the table, uneven distri-

bution of food, lack of punctuality, unpleasant talk, a scowling housewife, dirty and disorderly surroundings, all contribute to a worsening mood.

A majority of homemakers hurry the preparation of food. They are unable to cook the food properly or set the table attractively because they must do these things in snatches of time left from other duties.

Before the meal, the homemaker must look over all the surroundings and make sure that the table is properly set. Warm food is served when the family is already seated. An orderly table setting encourages orderly eating and polite behavior.

PREPARATION FOR ENTERTAINING

Lithuanians are hospitable; they love to entertain in style or be entertained themselves. Human hospitality is a praiseworthy quality. However, aren't we used to overdoing the entertaining? Doesn't our hospitality sometimes get out of all bounds? To make your guests intoxicated is impolite and intolerable. Therefore, to force the guests to drink is absolutely forbidden. Every type of entertaining provides a lot of work and care for the hostess. Cleaning and putting the house in order is the first preparation of the family expecting guests. Only clean, orderly, adorned surroundings please the guests by showing that the hosts were really expecting them. In preparing to entertain, many things must be thought of in advance. Clean table, kitchen, and bed linen must be on hand, as well as china and cutlery. Thereby last minute borrowing from the neighbors after the arrival of the guests will be avoided. Guests arriving from some distance will want to wash up and to do some personal grooming. For them there should be provided several pieces of soap, clean towels, a comb, a clothes brush, and shoe-shining equipment. Each guest receives a clean, unused towel. Sisters, brothers, parents and children may receive one for the use of all.

If expecting overnight guests, the beds should be made in advance, because to run around with pillows while the guests are present is impolite and should not be done.

It should be arranged in advance who will prepare the food, wash the dishes and serve the food. The hostess should ideally be with the guests, conversing with them and seeing to it that no one is bored. If at all possible, the kitchen work should be entrusted to someone else.

Guests should always be invited several days in advance. Invitations to more important affairs such as weddings or anniversaries should be extended two to three weeks in advance, so that those invited have time to prepare themselves. The guests are invited personally (most polite way by our customs) or by letter. Every invitation requires a reply; even if the invited guest believes that he will not be able to be present. The guests must always be on time; to be late is very impolite.

THE FESTIVE TABLE

The dining table should be placed in such a position that after the guests are seated free movement around the table would be possible. This will ease the serving of food and the change of dishes. A white tablecloth for the dining room table is always in good taste. The most useful tablecloths are made of linen, are not too heavy, and sufficiently wide. The tablecloth should be fitted to the width of the table. Colored tablecloths are used for family entertainment or tea. A formal table is always covered with a white cloth. The napkins for the dinner table should also be white and large; the napkins for tea are smaller. Napkins are used to protect the clothes from spots and to wipe the fingers and lips. Tablecloths and napkins should be clean and neatly pressed. If table linens were washed in advance, they should be re-pressed before being put on the table, so that there would not be excessive creases.

Before setting the table, the number of guests and the types of food served should be taken into consideration. The china and cutlery should only be that which will be needed for the food actually served.

DINNER

The average dinner usually has three courses:

1. Soup
2. Main dish — meat, vegetables
3. Dessert (sweet)

First of all, place the plates 5 cm. (2 in.) from the edge of the table. There should be 50 cm. (19 in.) of space between the plates. A smaller plate for bread, potatoes, bisquits is placed to the left in such a way that its upper edge is even with the large plates. The fork goes to the left of the plate, the knife to the right, with the blade turned toward the plate; the soup spoon goes next to the knife; dessert cutlery is placed above the plate, with the handles turned to the right.

The tines of the forks and the bowls of the spoons should face up. The water glass is placed in the corner formed by the dessert cutlery and the cutlery on the right of the plate. The napkins may be put on the plates, to the left of the plates, or on the bread and butter plate. The china, cutlery and napkins should be arranged evenly, symetrically, in straight lines. Order is necessary everywhere. Bread, salt, mustard, and seasonings should be placed on the table in advance. Trivets for warm dishes should be on the table if the food will not be carried around to each guest, but be placed on the table for everyone to serve themselves.

If cold or hot appetizers are served before the soup, small appetizer plates should be used instead of soup plates. The cutlery is not always the same. If no food served needs to be cut (ground meat, vegetables, omlette) the knife is not necessary. The fork in this case will be to the right of the plate. Small pieces of pasta may be eaten with a spoon; the spoon in this case is to the right of the plate.

SUPPER

According to the custom of our country, soup is not served in the evening. If the supper includes a cold appetizer, a warm dish, and dessert, the table is set the same as for dinner, except an appetizer plate is used in-

stead of the soup plate, and the soup spoon is eliminated. Cups for coffee or tea should be set at the right side of the plates, or they can be brought in later, filled.

BREAKFAST

The breakfast table is no different from the supper table. The same china and cutlery setting is used.

AFTERNOON TEA

Often it is necessary to entertain guests in the time period between dinner and supper. The proper refreshments at such a time are tea, coffee, fruit juices, fruit, baked goods, and sweets. However, if the guests came from a longer distance and may be hungry, bread, butter, cheese and ham may be served. A colored or embroidered tablecloth may be used for afternoon tea. A small plate and a spoon is set if soft cakes are served. If bread, butter, and ham are included in the meal, forks and knives will be needed. If fruit is served, knives will also be required. Small glass (crystal) plates are set above the plates for the serving of preserves. A table for afternoon tea can be set in advance. The guests are usually served by the hosts themselves.

TABLE ADORNMENT

The table is made attractive by the orderly arrangement of china, cutlery and sometimes by multi-colored appetizers. But, in order to make the guests even more welcome, the table may be further decorated. It is delightful to sit at a beautiful table, and even the food seems to taste better. Every table may be decorated, even for everyday meals. Usually flowers are used to adorn the table. The flowers are put in vases or laid directly on the table. However, floral centerpieces must not inconvenience the guests. Do not make the floral arrangements either high or wide so that they do not obstruct the view of persons sitting opposite each other. Flowers should be put either into tall, narrow vases or into very low ones. Low glass bowls, or other decorative bowls may be used for

flower centerpieces. Special flower-arranging aids should be used in wide containers to keep the flowers in place. Flowers and greenery may also be placed directly on the table in various lines, or free-form arrangements. If the table is free of food-serving dishes, more flowers can be used. Napkins can also be decorated with flowers.

What kind of flowers and greenery should be used? Greenery must be used to complement the flowers. It may include asparagus (house plant), various colored leaves, or even what is currently available in the garden, such as myrtle, etc. All kinds of flowers may be used to decorate the table. However, if possible, better, more valuable and more beautiful flowers should be chosen. Fast-wilting, strong-smelling flowers should be avoided. To decorate one table, do not use a great variety of flowers. For best results, use only one kind: for instance only asters, or only dahlias. It is best not to mix a lot of colors or use only those which are complementary and do not clash. The most elegant and beautiful table will display a centerpiece made of only one kind and color of flowers and greenery. A wedding centerpiece may be roses or other white flowers; white flowers should also be chosen for first communion; while a funeral calls for violet flowers, or no centerpiece at all.

The table can also be decorated with needlework. A long runner may be laid on top of the tablecloth, in the middle of the table. Embroidered or crocheted doilies may also be placed under vases.

SEATING OF GUESTS

The places at table should be assigned to each guest in advance. To arrange the seating plan at the last minute causes annoyance to both the guests and the hostess. The places at table are shown either personally or by place cards. When the guests have gathered by the table, the hosts ask them to be seated and point out each guest's place. The guests sit at the places assigned to them. To argue about the seating arrangement and to ignore the hosts' wishes is impolite. Place cards are used when there are many guests present, or at formal affairs.

Guests must be seated so that each one will be happy with his place and his neighbors, and will not feel neglected or looked down upon. The best place at the table is either the head of the table or in the middle, depending upon the placement of the tables. This is known as the place of honor. The further from the place of honor, in each direction, the less honorable the place at the table. The place of honor in their own home belongs to the hosts. When the hosts sit at the opposite ends of the table, the less desirable end of the table is eliminated. The guest seated at the right of either the host or the hostess is assumed to be seated in the most honorable place. However, we Lithuanians, being self-effacing, let the most honorable guests take the best places and are satisfied with the less desirable ones.

The seats of honor, or the better places, should be given to the oldest, most distinguished guests, our superiors or clergy. The young people take the remaining seats. If there are strangers in the group, or first-time visitors, they should be seated in the better places so that they would feel more "at home" and welcome.

SERVING THE MEAL

If the serving is done by hired maids, they must be modestly dressed in dark dresses, small white aprons, and a white scarf. Shoes must be light-weight so that they would not make any noise. Hands and nails should be clean. The maids must be quick, observant, polite and quiet. They do not converse with the guests or urge them to eat. Their task is to serve the meal, change the dishes and cutlery, pour drinks. When the serving is done by the family, daughters of the house, they, of course, may converse with the guests and urge them to eat, in as much as this does not interfere with their work. One maid can serve about ten people. If several maids are serving, they must be told in advance for which group of guests they will be responsible.

There are two ways of serving: 1. The prepared food is brought to the table and each guest serves himself, passing the dish from one to another. 2. The food is car-

ried around the table allowing each guest to help himself or the food is actually placed on the plate by the maid. The second method is more convenient to the guests and is implemented at formal affairs.

Ground rules for serving the meal:

1. Serving must start with the guest of honor, and proceed to his right. If two maids are serving, one proceeds to the right of the guest of honor, and the other to his left, until they meet at the other end of the table. If several maids are serving, the first one serves the guest of honor and several guests to his right. Only when the guest of honor is served, may the other maids serve the remaining guests.

2. Serving dishes, from which the guest helps himself, should be offered to his left, because this is more convenient. Everything else, such as changing the dishes, removing cutlery, pouring of drinks, bringing the tea glass, is done to the guest's right. However, there are exceptions. If the maid puts the food on a guest's plate, she will do that to his left.

3. The serving dish should be held as closely to the plate of the guest as possible, so that it would be easy for him to help himself. The serving spoon's or fork's handle should be turned toward the guest. If the serving implement's handle becomes soiled, the implement must be immediately replaced by a clean one.

4. After everyone has been served, the serving dish with remaining food is placed on a separate small table, or taken back into the kitchen. In order to serve a second helping of the same food, the serving dish should be cleaned up and made attractive.

5. Change the plates and the cutlery only after everyone has finished eating. First of all remove the serving dishes, meat, salad, etc.; only then the guests' plates and cutlery may be removed. Cutlery must be picked up together with the plate. Clean cutlery should not be put into the plate, but next to it at the table.

6. The next course can be served as soon as everyone is supplied with the necessary china and cutlery.

7. Side dishes, such as salad, breads, potatoes are brought to the table before the main dish, unless they are served

by being carried around the table. If they are carried around the table, they are served after the main dish has been brought. This is done by another maid.

8. If the food is not being served by being carried around the table, the serving dish containing the food is placed on the table in front of the guest of honor.

9. Serving should not be done during speeches; this time must be quiet. Cold appetizers are put on the table in advance. Each dish should have its own serving spoon or fork; to help yourself from the serving dish with your own cutlery is impolite.

A serving fork should be placed on a platter of sliced meats; a serving spoon should come with a dish of aspic or a dish of mixed vegetable salad; a knife is required to serve butter properly. Common sense dictates the serving implement to be used for the serving of every kind of dish. Bread, cake, cookies, and crackers need no serving implements because they are picked up with the fingers.

At the appetizer course, the maids offer the appetizers, the bread (if it is not placed on the table), and pour drinks (only bitter whiskey is served with appetizers). When the guests have finished eating, all the appetizers are removed first, followed by the removal of plates and cutlery. If soup is served next, soup plates are set out and the soup tureen is brought to the table. This is the simple serving. No drinks are served during the soup course. At a formal meal, soup is served by bringing individual filled soup plates to the table.

When the soup course is finished, foods served with the soup are removed first, then the soup itself, the plates, and spoons, in that order. Soup is followed by the main course. The settings for this part of the meal should already be on the table. Therefore, the side dishes may be brought in immediately, followed by the main dish. If the dishes are carried around the table, the order is reversed. With this course, all kinds of whiskies, beer, "gira", etc. may be served (excepting sweet drinks). Dry wines may be served with almost any meal.

If a second hot course follows the first one, the china and cutlery must be changed.

Before serving dessert, everything unnecessary should

be removed from the table. If coffee or tea is served immediately after the dessert course, the dessert dishes are removed, and, if soft cakes are to be offered, small plates and spoons should be set out. If only cookies or nothing will be served with the coffee, the little plates need not be set out. Tea or coffee cups are carried in filled, a few at a time, on a tray, and are placed to the right of the cake plates. Sweet liquors or "krupnikas" complement coffee or tea.

Note: When preparing dinner, make sure that:

1. All dinners should be equally nourishing, therefore, every dinner should be balanced: some dishes should be more filling, the others lighter.

2. Do not use the same food products for every dinner.

3. Variety should be practiced not only in the dishes but in their colors. For instance, if a white soup is served one should refrain from serving a white sauce with the main dish.

4. Avoid serving two sour dishes, two sweet dishes, or two cold dishes at the same meal.

5. Every food should be served as soon as prepared; freshly cooked foods are tastiest and healthiest.

6. Every homemaker should know that the same dishes should be offered not more often than every fourteen days.



APPETIZERS

Cold Appetizers

Appetizers give variety to meals, help to stimulate the flow of digestive juices and increase the appetite. Therefore, many appetizers are prepared using spices and vegetables. Appetizers must not only be tasty but also attractive to look at.

SANDWICHES

Sandwiches are buttered slices of black or white bread, covered with slices of meat, fish, egg, or other food products.

The bread should be sliced into 1 cm ($\frac{1}{8}$ in.) slices. Butter should be soft and evenly spread. Butter substitutes may also be used.

Foods placed on the sandwich should be thinly sliced. The vegetables should be fresh, well-cleaned, washed and dried. Using a variety of taste and color combinations for sandwich fillings, one can create delicious and attractive sandwiches.

Sandwiches are served neatly arranged on a shallow platter or napkin-covered tray. Celery leaves or parsley may be used to decorate the serving dishes.

Sandwiches are classified according to the method of preparation into open-face, closed (double-slice), toasted, and layered.

OPEN-FACE SANDWICHES

PAPRASTI SUMUŠTINIAI

Butter slices of black or white bread and top with thin slices of smoked ham, sausage, or boiled or roasted meat.

Butter slices of bread and sprinkle with finely chopped ham, hard boiled egg yolk, egg white, and finely chopped scallions in such a way that different color stripes are formed on the bread.

Cover slices of bread with a prepared spread: horse-radish, mustard, herring, etc. Garnish with fresh vegetables.

Caviar sandwiches are prepared in the above way.

CLOSED (DOUBLE-SLICE) SANDWICHES

SUVOŽTINIAI

Closed sandwiches are usually made from rolls. Split a roll in half, butter both halves, place slices of cheese, smoked ham, or other foods on the bottom half and cover with the top half. Two slices of bread may also be used for this type of sandwich. These sandwiches are an especially convenient food to take with you on a trip.

TOASTED SANDWICHES

PAKEPINTOS DUONOS SUMUŠTINIAI

Slice white bread into $\frac{1}{8}$ in. slices and using cookie cutters or a knife cut into various shapes. Saute in butter on both sides until golden yellow. When cool, butter and top with various sandwich fillings

LAYERED (RIBBON) SANDWICHES

SLUKSNIUOTI SUMUŠTINIAI

Ribbon sandwiches are made from 2-3 layers of black and white bread and various sandwich toppings.

1. Cut bread into thin slices and remove crust. The first layer should be formed from slices (squares) of white

bread placed closely next to each other, to a desired size. Spread with any kind of appetizer spread, the same thickness as the bread. A layer of black bread comes next, spread with another sandwich filling. A third layer is of white bread. Now the sandwich is pressed together for a few hours. Then spread the top with herring or fish butter, and sprinkle with finely chopped hard boiled egg yolk, egg white, smoked ham and scallions in such a way that each topping forms a stripe. Now slice into small 1.5 to 2 in. oblique (or another shape) pieces and arrange in one row of platter.

2. Ribbon sandwiches may also be prepared by using the above method but different fillings.

3. A similar method is used in preparing the appetizer torte. It has a round or square shape and is served whole, or only partially sliced, so its shape is not spoiled. The top of the appetizer torte is garnished with fresh vegetables, marinated mushrooms, lobster pieces, caviar, etc.

APPETIZER TORTE

UŽKANDŽIŲ TORTAS

1 ⅓ cup flour	1 egg
⅔ cup potato starch	2 tablespoons milk
2 teaspoons baking powder	6 oz. butter
1 teaspoon salt	

Mix flour, baking powder and starch and sift on a bread board. Make a well in the flour mixture, add the egg, salt and milk. Mix with fork. Cut cold butter into pieces, mix with the flour mixture and cut the dough with a pastry knife until crumbs form. Press into a ball and chill. Divide the dough into three parts, roll out into circles. Place each into a spring form, prick with fork. Bake 15 min. in a hot oven until lightly browned.

Filling I:

½ lb. boiled beef	1 tablespoon butter
½ cup cream	1 tablespoon potato starch
1 onion	Pepper, salt to taste

Finely chop onion; saute in butter. Grind twice in meat grinder together with the meat. Add cream, ground pepper, salt and cook over low heat. Add dissolved potato starch, bring to a boil and mix well.

Filling II:

6 oz. cream cheese 3 tablespoons cream
6 oz. butter

Mix cream cheese with cream and beat well until of easily spreadable consistency. Beat the butter separately. Add butter to the cheese mixture and beat until creamy.

Cover one layer of torte with the whole mixture, put the second layer on top and spread with the cheese filling. Cover with the third layer. Frost top and sides with remaining cheese mixture and sprinkle with black bread crumbs. Decorate with cheese creme or vegetables.

Salads and Vegetable Appetizers

Salads are prepared of various vegetables: raw, cooked or a mixture of both. The vegetables are mixed with sour cream, vinegar (fruit vinegar) and oil dressing, or mayonnaise. Besides vegetable salads there are also fruit and berry salads.

1. Raw vegetable salads are prepared from raw vegetables, that is, lettuce leaves, cucumbers, tomatoes, radishes and other vegetables.

2. Vegetable salads are also made of a mixture of cooked and raw vegetables. Often herring or eggs are added to this type of salad.

3. Sweet salad — from fruit and berries. These are served as a separate appetizer dish or as a side dish with meat or fish dishes.

Products used for salads must be well prepared.

Pick over lettuce leaves, parsley, dill, and scallions, cover with cold water 20-30 min. for crispness. Wash well, changing the water and place in colander to drain. Large leaves of lettuce should be torn into 2-3 parts, discarding the tough middle part of the leaf. Small leaves may

be left whole. Scallions, parsley and dill are finely chopped. Leave attractive small leaves whole for decoration.

Fresh cucumbers should be washed and peeled. Use tiny cucumbers for garnishing the salad.

Pickles are washed, peeled and too large seeds should be removed.

Tomatoes must be red and hard. Remove the calyx, wash well and cut into quarters.

Cut of leaves of radishes, wash well in cold water and cut into quarters. Radishes may also be used to garnish the salad.

Potatoes, red beets, carrots, are cooked with their skins. When cool, they are peeled and cut into small pieces or diced.

Salads are mixed with various dressings and garnished before serving. To prepare the ingredients of a salad in advance, each vegetable must be cut into desired pieces, placed into separate containers and kept in a cold place not longer than three hours. Cold vegetables may not be mixed with hot vegetables because a salad spoils rapidly.

Salads are garnished with the same vegetables which make up the salads.

RAW SALADS

LETTUCE WITH SOUR CREAM DRESSING SALOTOS SU GRIETINE

1 small head of lettuce

½ cup sour cream

Dill, salt, scallions

Pick over lettuce leaves, wash, tear into smaller pieces. Add salt, place into salad bowl, add cream and sprinkle with finely chopped dill leaves and scallions.



LETTUCE WITH CUCUMBERS AND SOUR CREAM

SALOTOS SU AGURKAIS IR GRIETINE

½ head of lettuce	½ cup sour cream
2 small fresh cucumbers	Dill leaves, salt
Scallions	

Prepare salad as above, adding sliced cucumbers, chopped scallions. Add salt and cream and mix lightly. Place in a salad bowl, sprinkle with dill and garnish with cucumber pieces and lettuce leaves.

CUCUMBER SALAD WITH SOUR CREAM

AGURKŲ SALOTOS SU GRIETINE

3-4 medium cucumbers	2 tablespoons sour cream
Scallions	Dill, salt

Wash and peel cucumbers and cut into slices. Place in rows in a shallow dish. Distribute cream on top of cucumbers and sprinkle with finely chopped dill and scallions.

EARLY RADISHES

Early radishes may be served whole. They are prepared as follows: cut off leaves, leaving ½ in. (2 cm.) stems, wash thoroughly, place a small dish in one layer. Cover with cold water to the middle of the radishes.

RADISH SALAD WITH SOUR CREAM

RIDIKĖLIŲ SALOTOS SU GRIETINE

1 bunch radishes	Scallions
2 tablespoons sour cream	Dill, salt

Wash radishes and cut into thin slices. Add finely chopped scallions, salt and cream, mix and place into salad bowl. Sprinkle with dill.

TOMATO SALAD WITH SOUR CREAM

POMIDORŲ SALOTOS SU GRIETINE

3 medium tomatoes	½ cup sour cream
1 onion	Salt, dill or parsley leaves

Wash tomatoes, slice, place on shallow dish. Sprinkle with salt, chopped onion; cover with cream and serve. (If tomato salad is served without sour cream, sprinkle with pepper and cut the onion into slices).

RADISH SALAD

RIDIKŲ SALOTOS

1 large black or white radish	½ cup sour cream
2 medium carrots	Salt to taste

Peel and wash radish and grate coarsely. Add coarsely grated carrots and salt, mix and let stand 20-25 min. to lessen bitter taste. Now add the cream, mix lightly and put into salad bowl. This salad is served with hot or cold dark meat dishes.

CARROT AND APPLE SALAD

MORKŲ IR OBUOLIŲ SALOTOS

3 medium carrots	2 tablespoons sour cream
2 sour apples	Lemon juice, salt, sugar

Grate coarsely washed and peeled raw carrots; add peeled coarsely grated apples, salt, cream and mix. If needed, add a little lemon juice and a little sugar.

RED CABBAGE SALAD

RAUDONŲJŲ KOPŪSTŲ SALOTOS

1 small head red cabbage	2 tablespoons vinegar or lemon
2 tablespoons oil	juice
	Salt, sugar

This salad is best made with red cabbage, but can also be made from ordinary white cabbage. Remove outer leaves and shred cabbage. Mix oil and vinegar and pour over cabbage, let stand 1-2 hours to soften. Add salt and sugar to taste.

If a less crisp salad is desired, scald or parboil the shredded cabbage. Then proceed as above.

The same method is used to prepare white cabbage salad.

Cabbage salads, placed in an attractive bowl, should be served with beef, duck and other meats. Red cabbage salad may be placed into the same dish as white cabbage salad or pickles.

All the above mentioned salads may be prepared using sour cream or a mixture of oil and vinegar.



VARIOUS VEGETABLE SALADS

POTATO SALAD WITH MAYONNAISE

BULVIŲ SALOTOS SU MAJONEZU

4 medium potatoes	1 egg
1 pickle	½ cup mayonnaise
1 onion or some scallions	Parsley

Peel and slice boiled potatoes and pickle (remove large seeds). Add sliced egg, chopped onion and mayonnaise, mix lightly and place into a salad bowl. Sprinkle with parsley and garnish with hard boiled egg.

POTATO SALAD WITH VINEGAR

BULVIŲ SALOTOS SU ACTU

4 medium potatoes	1 cup diluted vinegar
1 medium onion	Salt and sugar to taste

Peel and slice boiled potatoes, add finely chopped onion and vinegar (white vinegar is best). Add salt and sugar to taste. Mix, and let stand 20-30 min. in a cool place. Before serving, add a little oil.

RED BEET SALAD WITH ONIONS

BUROKĖLIŲ SALOTOS SU SVOGŪNAIS

4 medium red beets	1 bay leaf
2 medium onions	6 both kinds of peppercorns
½ cup diluted vinegar	1 teaspoon sugar, salt to taste

Peel boiled beets and grate coarsely. Add chopped onions, pour marinade over the mixture and let stand a couple of hours in a cool place. Then add salt to taste, sugar, a couple of tablespoons of oil, mix and place in salad bowl.

Marinade: Boil water with spices, add vinegar (wine vinegar) to taste, salt, sugar. Cool, pour over beets.

Beet salad is served with dark meats and herring.

RED BEET SALAD WITH HORSERADISH

BUROKĖLIŲ SALOTOS SU KRIENAIŠ

4 medium red beets	6 of both kinds of peppercorns
1 horseradish	1 teaspoon sugar
1 cup diluted vinegar	Salt to taste
1 bay leaf	

Peel boiled beets and grate coarsely. Put in glass dish in layers, alternating with grated horseradish. Pour in cooled marinade. Cover dish tightly and let stand in cool place 24 to 48 hours. This salad complements dark meat dishes and herring.

The marinade is prepared as in the preceding recipe.

BEAN SALAD WITH SOUR CREAM DRESSING PUPŲ SALOTOS SU GRIETINĖS PADAŽU

2 cups beans	$\frac{2}{3}$ cup sour cream with mustard
3 eggs	to taste
2 tomatoes	Salt and dill
1 onion or some scallions	

Boil beans in salted water. Pour off water, remove skins, add sliced hard boiled eggs, chopped onions, tomato pieces, sour cream dressing with mustard, and, after mixing lightly, place into salad bowl. Sprinkle with finely chopped dill and garnish with hard boiled egg slices.

VEGETABLE SALAD DARŽOVIŲ MIŠRAINĖ

4 medium potatoes	2 pickles
3 medium red beets	$\frac{1}{2}$ cup white beans
2 carrots	$\frac{1}{2}$ cup sour cream
1 onion or some scallions	Salt, sugar to taste
1 egg	

Separately boil potatoes, beets, carrots and beans. Potatoes should be cooked unpeeled, carrots should be diced and cooked in a small amount of water with a little fat added. Beans should be boiled in salted water. Red beets are best cooked or baked unpeeled. When cooked and cooled, peel the vegetables (if necessary), dice and place into a wide dish. Add peeled, diced pickles, finely chopped onion, salt, sugar, dash of pepper, and adding the cream, mix lightly and carefully with two forks. Now the salad is ready for putting into the serving dish and garnishing with slices of hard boiled egg and vegetables.

The base of this salad is potatoes and red beets, the other vegetables may be changed or varied. Sauerkraut, or fresh shredded cabbage, may be used instead of pickles. Fresh vegetables in season may always be added to this salad. Meat or fish may also be added if desired.

Oil may be substituted for sour cream, but it should be used sparingly.

It is best to prepare each vegetable separately and serve in a dish divided into sections.

MARINATED MUSHROOM SALAD

MARINUOTŲ GRYBŲ SALOTOS

½ qt. marinated mushrooms
1 onion or some scallions
2 tablespoons oil, ground pepper

Pour off marinade from mushrooms, add finely chopped onion, ground pepper, oil, mix lightly and put into salad bowl. Decorate top with mushroom caps.

Sour cream may be used instead of oil.



SWEET SALADS

APPLE AND PEAR SALAD

OBUOLIŲ IR KRIAUŠIŲ SALOTOS

6 sweet-sour apples or pears	5 cloves
3 cups water	5 aromatic peppers
1 cup sugar	¼ stick cinamon
1 lemon	Dash of salt

Peel apples, cut into quarters and core. Cook 2-3 min. in marinade, on low heat. Remove apples and place in a dish. Boil remaining marinade to desired taste, and when cool, pour over the apples. Let stand 24 hours. To serve, place apples into salad bowl and pour marinade over them.

Sweet Marinade

2 cups water	4 cloves
1 cup 6% vinegar	6 aromatic peppers
2 cups sugar	¼ stick cinnamon

Simmer water with sugar and spices 15 min. Remove foam, add vinegar and a dash of salt (optional). This mari-

nade is used to marinate fruit and berries, or to make a sweet salad. The amount of vinegar and sugar depends on the sweetness of the fruit and berries used.

The above method is also used to prepare pear salad. Apple and pear salad is served with poultry, veal, or rabbit dishes.

MARINATED PLUM SALAD

MARINUOTŲ SLYVŲ SALOTOS

2 lbs. hard (not fully ripened) plums	Peel of ½ lemon 4 cloves
2 ½ cups water	¼ stick cinnamon
2 cups sugar	Lemon juice

Boil water, sugar and spices 10 min. When cooked, add lemon juice to desired taste, and cool.

Wash plums, place into a dish, pour in prepared marinade, cover, and let stand 2-3 days. To serve, place plums into salad bowl and add some of the marinade to partially cover them.

This salad may be served with white meat dishes.

Plums prepared in this manner may be kept through the winter. To avoid the formation of mould and the evaporation of marinade, pour 0.5 cm layer of oil on top of the marinade. Cover tightly and keep in a cool place. This same method may be used in preparing dried fruit salads.



OTHER VEGETABLE APPETIZERS

STUFFED CUCUMBERS

ĮDARYTI AGURKAI

3 fresh medium cucumbers	1 cup tomato sauce
1 carrot	Lemon juice or wine vinegar
1 hard boiled egg	Salt to taste

Peel the cucumbers, cut lengthwise in half, remove seeds using a tablespoon, sprinkle with salt and lemon juice (or vinegar) and let stand 1 hour to marinate.

Stuffing:

½ lb. cooked beef, veal or poultry	1 tablespoon sour cream
1 fresh cucumber	Ground pepper, salt, dill

Grind the meat, add chopped cucumber, salt, pepper, dill, sour cream, a little tomato sauce and mix together.

Stuff cucumbers with prepared mixture, decorate each with carrot, cucumber and hard boiled egg slices. Place stuffed halves in shallow serving dish, cover with tomato sauce and garnish with dill leaves.

Mushroom stuffing:

10 dried mushrooms	1 egg
1 tablespoon sour cream	1 onion, salt, pepper to taste
2 tablespoons oil	

Cook dried mushrooms in salted water, chop finely, add onion, chopped and sauteed in oil until golden. When cool, add chopped hard boiled egg, cream, salt, pepper; mix and stuff cucumber halves. Sprinkle tops with finely chopped hard boiled egg white. Cucumbers may also be stuffed with herring, fish, or other stuffings.

TOMATOES STUFFED WITH MUSHROOMS

POMIDORAI IDARYTI GRYBAIS

10 medium tomatoes	½ lb. dried mushrooms
1 large onion	2 tablespoons bread crumbs
½ cup oil	Salt, pepper to taste

Wash and dry firm tomatoes, cut off tops, scoop out seeds and pulp. Very lightly sprinkle with salt and pepper.

Saute finely chopped onion in oil until golden, add chopped cooked mushrooms, bread crumbs, salt, pepper, mix and saute mixture briefly.

Stuff tomatoes with above mixture, cover with tomato

tops, secure with toothpick. Place in baking dish, not touching each other, and bake in 300° oven, 15-20 min. Check frequently to avoid splitting of tomato skins. Remove from oven and baste with pan juices. Leave in baking dish until cooled. Serve cold.

TOMATOES STUFFED WITH SALAD

POMIDORAI, IDARYTI SALOTOMIS

6 medium tomatoes	3 scallions
1 fresh cucumber	2 tablespoons sour cream
1 bunch radishes	Dill, salt, pepper to taste
Lettuce leaves	

Wash and dry firm, similar-sized tomatoes, cut off tops and scoop out pulp and seeds. Sprinkle with salt and pepper.

For stuffing, clean and wash vegetables. Cut into small pieces, add salt, pepper, sour cream; mix, and stuff the tomatoes with the mixture. Sprinkle tops with chopped dill. Serve neatly arranged on a flat dish.

EGG APPETIZERS

EGGS WITH DRESSING

KIAUŠINIAI PADAŽE

6 eggs	
1 cup sour cream	1 onion
1 jar (8 oz.) marinated mushrooms	2 tablespoons oil

Hard boil eggs, peel, cut lengthwise into halves, place neatly into a shallow dish (cut side up). Pour sour cream dressing around the eggs and sprinkle with finely chopped dill. Toss marinated mushrooms with oil, add cut-up onion, salt and pepper to taste; spoon around the egg halves.

Note: Instead of sour cream, mustard or horseradish dressing may be used. Fresh tomatoes, fresh or pickled cucumbers may be substituted for the mushrooms.

EGGS, STUFFED WITH HAM

KIAUŠINIAI, ĮDARYTI KUMPIU

3 eggs	ham
3 tomatoes or fresh cucumbers	1 tablespoon sour cream
3 ½ oz. (about 100 gr.) smoked	A bit of onion, dill, salt and pepper

Hard boil eggs, peel, cut in half lengthwise and remove yolk.

Chop ham and onion, add chopped egg yolk, sour cream, salt and pepper; mix and stuff the egg halves with the mixture. Sprinkle tops with dill.

Arrange stuffed eggs on a platter and place sliced tomatoes or cucumbers alongside the egg halves. This may be served with a sour cream dressing with horseradish. (Optional).

EGGS STUFFED WITH MUSHROOMS

KIAUŠINIAI, ĮDARYTI GRYBAIS

3 eggs	1 onion
3 small fresh cucumbers	2 tablespoons oil
½ cup sour cream	1 level tablespoon butter
1 cup cooked fresh mushrooms	Dill, salt, pepper

Halve hard boiled eggs lengthwise, and remove yolks.

Saute chopped onion and chopped cooked mushrooms in oil, cool, add ground pepper, salt, and mix. Stuff egg halves with the mixture, garnish each egg with a mushroom cap.

Place sliced cucumbers in one row in the middle of a platter. Pour sour cream dressing around the cucumbers. Sprinkle with chopped dill. Arrange stuffed egg halves around the cucumbers. Cream butter with egg yolks, shape into balls and place on cucumber slices.



FISH APPETIZERS

STUFFED PIKE IN ASPIC

ĮDARYTA LYDEKA DREBUČIUOSE

2 ½ lbs. pike	2 hard boiled eggs
2 slices white bread or 2 table- spoons cracker meal	10 of both kinds of peppercorns
2 onions	2 bay leaves
1 tablespoon butter	½ lb. soup greens
	Salt
Aspic:	Garnish:
2 cups fish broth	2 cooked carrots
2 teaspoons gelatin (Knox Gelatin)	1 cup prunes
	Celery and parsley

Do not cut open the fish, but clean it through a slit made just below the head. Remove gills, wash in cold water. Remove the skin carefully, leaving head and tail attached to it.

Bone the flesh and chop together with chopped sauteed onion and the bread, soaked in milk. Beat the butter in a bowl until fluffy, add the fish mixture, chopped eggs, pepper, and salt, and mix well, adding fish broth a little at a time. The texture of this mixture should be of a heavy sour cream consistency. Stuff the fish skin loosely with this mixture. Sew up the slit, prick the skin in several places and place in a dish (with its back facing upwards. Add cut up soup greens, whole pepper, bay leaves, salt, and pour in cooled fish bone broth. Cook on very low heat about one hour.

When cooked, let fish cool in the broth, then remove on a serving platter. Remove thread, and carefully cut into small pieces, without spoiling the shape of the fish. Garnish with carrot slices, stewed prune valves; arrange celery leaves or parsley around the fish.

Strain the broth after it settles. Boil to reduce amount if necessary. Add gelatin, dissolved in water (one teaspoon of gelatin to one cup broth). If the aspic is cloudy, clarify using egg whites, same as for meat broth. When broth is cool, pour over the fish in serving dish.

Stuffed fish may be garnished as desired.

STUFFED FISH SLICES IN ASPIC

ŽUVIS, ĮDARYTA GABALAIS, DREBUČIUOSE

2 lbs. pike	1 tablespoon butter
2 slices white bread or 2 table- spoons cracker meal	3 carrots
2 large onions	10 both kinds of peppercorns
1 egg	2 bay leaves
	Salt, parsley, celery

Clean and dress fish. Make a slit under the head and remove intestines, remove gills, wash and cut into slices. From each piece remove the flesh from the back of the fish, leaving the bone and taking care not to tear the skin. Chop the fish together with sauteed onions, and milk-soaked bread. Add raw egg, some broth, salt and pepper, and mix well. Stuff each piece of fish with this stuffing. Cover the bottom of a pot with a layer of soup greens. Dip ends of fish pieces in egg white, so that the stuffing will hold together better while cooking. Place pieces of fish into the pot in layers. Add pepper, bay leaves, salt and cold water to cover and cook on a low heat in a covered pot about 1 - 1 ½ hours. Onion skins may be added while cooking since they add color to the fish pieces and aspic. After cooking, let fish cool in the broth.

Fish in aspic (whether whole or in individual pieces) looks much better if it is unmolded on a platter before serving. The broth for an aspic should be strong and clear; the mold should be deep. It is best to use a special fish mold. First, pour 1 cm (½ in.) of broth into the mold. When it hardens, arrange marinated mushroom caps, slices of cooked vegetables and hard boiled egg decorations on this layer. On top put the pieces of fish. Now pour in the remaining broth carefully and chill until firm. Before serving, warm the bottom of the mold slightly, and unmold on a serving dish. Garnish only the edges of the serving platter.



PIKE ROULADE

LYDEKOS VYNIOTINIS

2 ½ lb. pike	2 onions
3 eggs	1 carrot
1 slice white bread (or some crackers)	10 peppercorns
½ cup milk	2 bay leaves
1 tablespoon butter	3 cups broth for aspic
	Salt

Clean the pike, cut lengthwise across the back, remove intestines. Wash the fish, bone it, then place on cutting board and even out the flesh. Sprinkle with salt and pepper and let stand for 30 min.

For stuffing, beat one egg and two egg yolks with a little milk, add milk-soaked bread forced through a sieve, salt, ground pepper and chopped onions. Saute the above in butter, stirring constantly, until the mixture thickens. Fry the two egg whites separately, cut into pieces and add to stuffing. Spread stuffing on prepared fish, roll up and wrap in cheese cloth. Boil in broth, made out of fish remnant and soup greens, on a low heat about 45 min. When cooked, let cool in the broth. When cool, remove from broth, unwrap the cheese cloth, cut into slices, arrange in serving dish, pour some broth over the fish slices, and chill until firm.

If unmolding is desired, place the roulade on a layer of firm aspic in a mold, pour in more broth and chill until firm. Unmold before serving.

FRIED MARINATED FISH

KEPTOS SELIAVOS MARINATE

2 lbs. fish
½ cup flour
½ cup oil

For marinade:

2 cups water	5 cloves
1 onion	Parsley, celery, vinegar, sugar,
10 peppercorns	salt
3 bay leaves	

Clean and dress fish. Wash, dry, roll in flour and fry in oil.

To make marinade, put cleaned and cut up vegetables, crushed peppercorns, bay leaves and cloves into the water and boil for 15 min. When finished, add salt, vinegar and sugar. Marinade should be sour. When cool, pour over the fish. May be served after 6 hours.

FISH IN VEGETABLE MARINADE

ŽUVIS DARŽOVIŲ MARINATE

2 lbs. fish (perch, etc.)	1 parsley
½ cup flour	2 bay leaves
½ cup oil	6 peppercorns
2 carrots	1 teaspoon sugar
2 onions	Salt, vinegar to taste

Clean and bone the fish, cut into pieces, roll in flour and fry in oil. Small fish may be fried whole.

Clean and slice vegetables for marinade: onions into thin slices, carrots into a star shape. Saute vegetables in oil about 10 min., then add peppercorns, bay leaves and one cup of fish broth. Braise in a covered dish. When done, add salt, sugar and vinegar to taste and pour hot marinade over the fish. Heat until boiling point, remove into salad dish and cool. Sprinkle with parsley leaves or scallions. Serve cold.

FISH BALLS IN ASPIC

ŽUVIES KUKULIAI DREBUČIUOSE

2 lbs. fish (any kind)	1 tablespoon oil
4 tablespoons bread crumbs	1 medium onion
1 egg	2 tablespoons gelatin
½ cup milk	3 cups broth for aspic
1 tablespoon butter	Pepper, salt, parsley

Clean fish, wash and bone. Grind the fish in a meat grinder, together with the crumbs and chopped onion sauteed in oil. Add butter, salt, pepper, egg, mix well and

form into small balls. Boil them in a broth made of fish bones, other fish leftovers and soup greens. Cool, and place into salad bowl containing a layer of firm aspic. Pour in remaining broth and chill until firm. Before serving, unmold on a serving platter.

HERRING WITH OIL AND ONIONS

SILKĖS ALYVOJĖ SU SVOGŪNAIS

2 herrings	4 tablespoons oil
2 large onions	Vinegar, sugar

Soak, skin, and bone herrings, cut into pieces and arrange in rows on a serving dish.

Slice onions, saute in oil until golden, add a little sugar, vinegar. Cool and pour over herring pieces.

HERRING WITH MUSHROOMS

SILKĖS ALYVOJĖ SU GRYBAIS

2 herrings	4 tablespoons oil
2 onions	Dash pepper
10 dried mushrooms	

Soak, clean, skin and bone herrings, cut into pieces and place in a dish.

Cook mushrooms in salted water, cut into julienne strips. Saute sliced onion and mushroom strips in oil. When cool, pour over herring.

HERRING WITH VEGETABLES

SILKĖ DARŽOVIŲ RINKINYJE

2 herrings	1 cup green peas
3 potatoes	½ cup beans
3 carrots	2 tablespoons oil
2 red beets	Vinegar, sugar
2 onions	

Cook potatoes, carrots, red beets, beans and peas. Cut potatoes, carrots and red beets into attractive slices or pieces,

using a serrated knife and soak in a sweetened vinegar solution together with the onions. Drain, and mix with oil.

Soak, skin and bone the herrings and cut into serving pieces. On a platter arrange the pieces into the shape of a fish, adding a head and the tail; spoon mayonnaise, or another dressing suited for herring, on top. Arrange the vegetables around the herring in little heaps, or rows, matching their colors.

A variety of vegetables may be used interchangeably for this dish, depending on taste and availability of particular vegetables. Fresh or pickled vegetables may be used.

CHOPPED HERRING

KAPOTA SILKĖ

2 herrings	1 onion
2 tablespoons bread crumbs	2 eggs
2 tablespoons oil	Vinegar, pepper
1 tablespoon butter	

Soak the herrings well, skin and bone and chop finely. Beat butter and hard boiled egg yolks until white, add bread crumbs, sauteed in oil finely chopped onion, chopped herring, pepper, dash of vinegar and blend well. Using a knife, shape the mixture into the form of a herring, decorate the top with hard boiled egg whites. Around the herring arrange slices of tomatoes, cucumbers, radishes and lettuce leaves.

MEAT APPETIZERS

ROASTED STUFFED YOUNG PIG

KEPTAS ĮDARYTAS PARŠELIS

1 suckling pig	2 eggs
1 lb. veal	1 onion
2 tablespoons butter	1 carrot
3 tablespoons bread crumbs	Pepper, salt

Clean and dress the pig, wash well and bone. Leave the leg and head bones in. Rub with salt and let stand 1 hour.

Boil the heart, lungs, liver and kidneys (boil kidneys separately) in salted water, cool, cut into pieces. Add veal, carrot, and onion sauteed in butter. Grind twice in a meat grinder. Beat butter until white; beat in the ground meat, bread crumbs, egg yolks, pepper, salt and a little broth. Mixture should be soft. Beat egg whites and fold into mixture. Stuff the pig with this mixture and sew up the cavity. Place in a baking dish and bake in hot oven. When the skin is yellow, pour in one cup of broth. During baking, baste frequently with pan juices. Bake the pig 1 ½ hours. When baked, cool the pig, remove thread, place on a platter, the back facing upwards. Carve with a sharp knife, taking care not to spoil the appearance of the pig. Garnish with parsley. Serve with horseradish.

Suckling pig may also be boiled in water with soup greens and spices. To keep its shape while cooking, it should be wrapped in cheesecloth, sewn to hold in place. Cool the pig in the broth where it cooked. Then remove the cheesecloth, remove the thread, cut into serving pieces, arrange attractively in a dish, pour broth over the pieces and chill. Decorate with aspic squares before serving. Serve with horseradish.

SIDE PORK ROULADE

PARŠELIO ŠONINĖS VYNIOTINIS

2-3 lbs. side bacon of young pig	2 tablespoons bread crumbs
1 lb. veal	2 carrots
½ lb. calves liver	1 onion
1 egg	Salt, pepper

Wash and blot dry fresh, lean, side bacon of young pig. Remove bones, rub with salt and pepper.

Cut liver into pieces, place in large bowl and mash. Add ground veal, egg, bread crumbs, sauteed onion, dash of salt and pepper and mix well. The mixture will be solid. Spread on prepared side bacon, roll, and wrap in cheesecloth. Sew cheesecloth to hold in place. Place in a

pot, put carrots on top, add two cups hot water. Cover pot tightly, and braise 1-2 hours

When cooked, cool and press, not removing from broth.

Before serving, remove cheesecloth, cut into thin slices, and arrange on a round platter. Serve with horseradish.

PORK SHANK ROULADE

KARKOS VYNIOTINIS

1 pork shank	2 bay leaves
½ lb. soup greens	Salt
10 peppercorns	

Wash shank, cut lengthwise and remove bone. Rub with salt and pepper, roll up tightly and tie with string. Boil with vegetables and spices. Cool roulade, and press in the same broth where it cooked. Before serving, remove string, cut meat into thin slices and arrange on a round platter.

Serve with horseradish or mustard.

MEAT CHEESE

MĖSOS SŪRIS

1 tongue	10 peppercorns
2 kidneys	5 cloves
1 lb. pork head	Salt
1 lb. meat leftovers	

Boil head and meat leftovers in soup green and spice broth for 1 hour. Boil tongue and kidneys separately, remove from broth, wash with cold water, and immediately remove skin from tongue. When meat cools, cut into medium pieces, sprinkle with salt and pepper, and stuff into a well cleaned pig's bladder or stomach. Tie securely, place into the broth and cook on low heat 1 hour. Press the cheese in the broth and chill. Slice thinly before serving.

VEAL ROULADE

VERŠIENOS VYNIOTINIS

1 veal shoulder	1 onion
½ lb. calves liver	4 oz. butter
½ lb. veal	2 carrots
2 tablespoons bread crumbs	Parsley, salt, pepper
1 egg	

Wash and dry veal shoulder, remove bones, membranes, ligaments, smooth out the meat, sprinkle with salt and pepper and let stand 1 hour.

Grind meat and liver twice in meat grinder. Add onion sauteed in butter and breadcrumbs, and grind again. Now add pepper, salt, egg, and mix well. If mixture is firm, add broth.

Spread stuffing on prepared meat, roll up, and tie tightly with strong string. Wrap in waxed paper, fold ends down. Place in pot, pour in two cups of water, add cleaned carrots. Bake two hours. Remove from oven, press in the same dish that the roulade has baked, and chill.

Before serving, cut into thin slices, arrange on serving dish and garnish with aspic.

MEATLOAF

MALTOS MĖSOS KEPSNYS

2 lbs. various meats	1 onion
2 tablespoons bread crumbs	1 tablespoon oil
1 egg	Salt, pepper

Stuffing:

2 eggs	½ tablespoon butter
2 tablespoons sour cream	Salt

For this recipe use equal amounts of beef, veal and pork.

Clean the meat, remove ligaments and membranes, cut into pieces and grind in meat grinder. Add bread crumbs, onion sauteed in oil, salt, pepper, and grind once again. Now add egg and knead well.

Beat the eggs for stuffing with the sour cream, and fry, scrambling lightly.

Spread the ground meat mixture in a thick layer on a board, top with scrambled eggs, roll into an oblong shape. Seal edges and ends, place in a greased baking form. Brush top with beaten egg and sprinkle with bread crumbs. Prick several places with fork so that the meatloaf will not crack. Bake in a hot (450° F.) oven 1 to 1 ½ hours. Cool in baking dish. Before serving, cut into thin slices with sharp knife.

If the meatloaf is made without stuffing, long strips of bacon should be added.

PULTRY ROULADE

VIŠTIENOS VYNIOTINIS

1 medium chicken	1 egg
½ lb. veal	1 onion
2 tablespoons bread crumbs	Salt, pepper

Dress and wash chicken, cut off the neck, wings, and legs. Split chicken in half, leaving skin intact, remove bones.

Scrape meat from bones, remove ligaments. Add veal, chicken liver, heart, and grind in a meat grinder. Chop onion and saute in chicken fat. Add bread crumbs, sauteed onion, salt and pepper to the chopped meat, and grind once again. Place mixture in a bowl, add the egg, and chicken gizzard cut into small pieces. Mix well.

Place chicken on a board, skin side down. Even out the meat, spread with the stuffing and roll up neatly. Wrap in waxed paper, folding edges tightly, so that the juices will not run out. Put in roasting pan, pour in water to reach ½ way up the roulade. Roast covered in hot oven (450° F.) for one hour. Cool and press in the same roasting dish. Chill.

Before serving, remove paper, slice and arrange on a platter. Garnish with parsley. Fresh vegetables should be served with this dish.

STUFFED CHICKEN IN ASPIC

ĮDARYTA VIŠTA DREBUČIUOSE

1 medium chicken	1 cup milk
½ lb. veal	2 carrots
2 tablespoons bread crumbs	1 onion
1 egg	Pepper, salt, parsley

Wash chicken, cut off neck and wing tips. Skin carefully, taking care not to tear the skin. Leave wings and drumsticks attached, bone in.

Bone the chicken meat, add the veal and grind in meat grinder. Chop the onion and saute in chicken fat. Add bread crumbs, onion, salt and pepper to meat and grind once again. Place mixture in bowl, add egg and milk and stir to mix well. Mixture should be fluffy and light.

Sew up the chicken skin leaving an opening. Stuff with the mixture and completely sew up the opening. Wrap the chicken in cheesecloth, put in a pot, pour in cold water to cover. Add carrots, parsley, bay leaves, and cook over low heat 1 - 1 ½ hours. Add salt during the last part of cooking. When cooked, press the chicken and cool in the broth where it cooked.

When cool, remove chicken from the pot, unwrap cheesecloth, remove thread. Cut into slices, taking care not to spoil its shape, arrange (on its back) on a platter and pour broth over it. Chill.

This dish is ready to serve when chilled.

CHICKEN IN ASPIC

VIŠTIENA DREBUČIUOSE

1 chicken	6 peppercorns
½ teaspoon gelatin	Salt, bay leaves, parsley
1 carrot	

Wash chicken, cut into four parts, place into boiling vegetable broth, and boil until soft. Add salt during the last part of cooking.

Remove chicken from broth and cut into smaller

pieces, arrange attractively in a shallow dish, decorate with carrot slices and parsley leaves.

Boil broth to reduce quantity. Skim off fat and strain. Add gelatin dissolved in water and heat until it melts. Cool the broth and pour over chicken pieces.

Serve in the same dish, when chilled.

BAKED STUFFED CHICKEN PIECES

VIŠČIUKŲ KEPSNELIAI

2 medium chickens
2 eggs
2 tablespoons butter

3 tablespoons bread crumbs
1 onion
Dill, pepper, salt

Wash and dry chickens. Quarter and bone, leaving the wing and thigh bone in.

Grind chicken giblets and meat removed from bones in meat grinder. Beat one tablespoon of butter until fluffy, add onion, chopped, and sauteed in butter, chopped meat, salt, pepper, dill, and bread crumbs and stir until well mixed. Place chicken pieces, meat side up, on a board, spread with the stuffing, roll into a drumstick shape and tie with thread. Dip each piece in beaten egg, roll in bread crumbs and saute in butter on both sides.

Now place the pieces in a baking dish, cover, and bake in the oven until done. When done, cool, remove thread, cut off thighs and wings. Serve arranged on a serving dish with baked apples or marinated plums.

ROAST GOOSE OR DUCK WITH APPLES

KEPTA ŽĄSIS ARBA ANTIS SU OBUOLIAIS

1 goose or duck
2-3 lbs. apples

1 onion
Salt, caraway seeds

Wash and clean goose. Cut off neck and wings. Rub inside and outside with salt mixed with onion and caraway seeds. Tie legs together. Place on its back in a baking dish and roast in a hot (450° F) oven about two hours. When browned, add ½ cup hot water, cover tightly, and

lower temperature to 300° F. Baste with pan juices every 10-20 min. When a fork can be easily inserted into the meat, the goose is done.

Choose medium-sized, sweet-sour, undamaged apples for baking. Core them, leaving the stems. Apples may be baked in the same dish as the goose, or separately, but should be basted with the pan juices from the roast. Watch the apples so that they do not burst, and remove from the oven as soon as soft.

When roasted, carve the goose or cut into attractive pieces with poultry shears. Arrange on a platter in a row and place the baked apples around it.



SOUPS

The human body (as well as the bodies of other living beings) consists for the most part of water. Water provides about $\frac{2}{3}$ of the weight of the human body. Water leaves the body in various ways: evaporation (when breathing), sweating, urinating, etc. The body uses up water constantly. A man feels healthy only then, when used up water is constantly replaced. Therefore, water is just as important and significant to the health of a person as solid food. We increase the water content of the body by drinking ordinary water and various juices, eating juicy foods (fruit, vegetables) and also by eating various soups. From the standpoint of health, the first place, after fruit and vegetables, should be given to soup, especially to meat broth, because it provides the organism not only with water, but also contains many dissolved food elements: proteins, carbohydrates and so called extract materials. Besides this, soups also have a pleasant aroma. The dissolved food elements and their aroma encourage the manufacture of saliva in the mouth and digestive juices in the stomach. At the same

time, soups stimulate the appetite and add a great deal to the good digestion of food.

There are very many soups and it is impossible to describe them all at this time. Only the main types will be included in this book; however, the homemaker using these recipes as examples, can create many similar soups on her own.

The soups are classified, according to taste, into three main groups: **delicate**, clear or creamed soups, **sour**, **spicy** soups and **sweet** soups.

DELICATE CLEAR SOUPS

The basis of all meat soups is the broth, also known as bouillon. A good, clear broth is obtained by using equal amounts of beef and chicken. $\frac{2}{3}$ or one-half of the meat should contain bone. If bones were the main ingredient, the broth would, of course, contain more fat, but would have less proteins. A clearer broth is made by using marrow bones (cylindrical, leg bones); when a cloudier broth will be sufficient, especially if cream is to be added to the soup, any kind of bones may be used.

CLEAR BROTH (Serves six) **SKAIDRUS MĖSOS SULTINYS**

2-4 lbs. beef and poultry	2 bay leaves
2 large carrots	10 peppercorns both kinds
1 onion	16 cups water
1 celery stalk	Salt
1 parsley	

Wash meat thoroughly in cold water, and place in cold water. Clean, wash, and cut up the carrots, parsley and celery. Add to the pot with the meat, close tightly and bring to a boil. When boiling, uncover the pot, lower the heat and simmer 3-4 hours until the meat is tender. Add salt to taste during the last half of the cooking.

The broth should be clear and of a light brown straw

color. To strain the broth use an ordinary sieve. To clarify the broth it is insufficient to merely strain it. The simplest method of clarification is to let the broth stand 15-20 min. until the sediment settles to the bottom, and then carefully pour off the broth into another container. Do not stir the broth while cooking as this creates many tiny sediments which are hard to strain off and to make the broth cloudy.

To improve the color of the broth, saute slices of carrot or onion and add to the broth during the last half of the cooking.

Another method to improve the color of the broth is to use burnt sugar. Heat one tablespoon of sugar in a frying pan until it turns brown. Add $\frac{1}{2}$ cup water, heat, and use this burnt sugar mixture as needed.

VEGETABLE BROTH

DARŽOVIŲ SULTINYS

Vegetable broth is prepared the same way as meat broth, except instead of meat more vegetables and spices and less water is used. Cook 1-2 hours.

PASTRIES AND GARNISHES SERVED WITH BROTH

MEAT-FILLED PANCAKES

LIETINIAI PYRAGAIČIAI (NALIESNINKAI)

3 cups milk	$\frac{1}{4}$ lb. butter
3 eggs	$\frac{1}{2}$ cup oil
2 cups flour	Salt
2 tablespoons bread crumbs	

Sift flour. Beat egg yolks with salt. Alternating, add milk and flour, a little at a time, to the yolks, and mix well. At first, the dough should be thick so that the flour is mixed in thoroughly, only then should milk be added

to make the dough thin. Fold in beaten egg whites. Pour into the frying pan, just enough to cover the bottom. Cook pancakes on one side only.

Filling:

1 lb. cooked meat from the broth	1 cup broth
1 egg	1 onion
2 tablespoons butter	Salt and ground pepper

Grind the meat in the meat grinder, add spices and grind once again. Add egg and broth and mix well. Spread each pancake with above mixture, fold edges, roll up and cut in half. Brush with beaten egg, roll in bread crumbs and saute in butter until golden. Garnish with parsley before serving.

MEAT-TOPPED TOAST SQUARES

PYRAGO PAŠTETĖLIAI

1 lb. white bread	¼ lb. butter
1 cup light cream or milk	1 egg

Cut crust from bread and cut into squares 1" (2.5 cm) wide, 2" (5 cm) long, and ⅓ (1 cm) thick. Dip in cream or milk. Prepare the meat filling, same as in preceding recipe, and spread each square forming a ⅓" (1 cm) meat layer. Brush the top with beaten egg and saute in frying pan about 15 min. until golden.

MEAT-FILLED PASTRY

PUSIAU TRAPŪS PYRAGAIČIAI

2 cups flour	1 egg
¼ lb. butter	Salt and water

Take first three ingredients, add dash of salt and some water, and knead together carefully in a cool place. Chill. When chilled, roll out, and cut out circles using a cookie cutter. Place filling in the center of the circles and fold

over to form oblong cakes. Brush with beaten egg and bake in a medium oven. Serve warm.

Filling:

1 ½ lbs. boiled meat from broth	2 tablespoons bread crumbs
1 onion	2-4 tablespoons butter
1 egg	Dash pepper, salt

Grind the meat. Finely chop onion and saute in butter. Add the meat and saute again. Add bread crumbs, dash of pepper and salt to taste. If filling is dry, add a bit of broth. Add egg, and mix well.

POTATO CROQUETTES

BULVIŲ KROKETAI

2 lbs. potatoes	1 ½ cup flour
3 egg yolks	½ cup bread crumbs
2 level tablespoons potato starch	½ lb. margarine

Boil potatoes, grind twice in meat grinder, add beaten egg yolks, flour, starch and salt to taste. Mix well. Form small croquettes in the shapes of various vegetables, such as carrots, beets, etc. Roll in bread crumbs, and deep fry in the margarine until brown. Serve hot, garnished with parsley.

BROTH WITH HOME-MADE NOODLES

SULTINYS SU LAKSTINIAIS (Makaronais)

Make broth, strain and clarify. (Let stand until sediment settles and then pour off carefully). Bring broth to a boil and add noodles. When they rise to the top, the soup is ready. Noodles may be cooked separately in salted water, drained and rinsed with cold water, before being put into the broth. This will make the soup clearer and better tasting. Before serving, sprinkle soup with chopped parsley or dill.

Home-Made Noodles (Lakštiniai)

2 cups flour
2-3 eggs

1 tablespoon butter
Salt

Sift flour, add all ingredients and knead very well. Roll out very thin, let dry a bit, cut evenly into thin strips. Cook.

BROTH WITH SOFT DUMPLINGS SULTINYS SU LEISTINĖLIAIS

Make a clear broth, strain and let stand to settle. Spoon small dumplings into the broth, cover the pot to make them puff up better. Simmer until done.

Soft Egg Dumplings (Leistinėliai)

1 ½ cup flour
4 eggs

2 level tablespoons butter
Salt to taste

Beat butter until white, add flour, egg yolks and beat well. Fold in beaten egg whites, and using a teaspoon, carefully spoon into boiling broth.

BROTH WITH VEGETABLES (Serves six) SULTINYS SU DARŽOVĖMIS

This broth may be made using any kind of meat: fresh pork, poultry, or lamb.

5 lb. meat with bones
½ lb. fresh cabbage
½ lb. white beans or green peas
3 medium carrots
3 small potatoes

½ lb. cauliflower
16 cups water
Some turnip (optional)
Bay leaves, peppercorns and salt

Boil all vegetables separately in a small amount of salted water. Prepare the vegetables in the following way: cut raw potatoes into oblong pieces using serrated or or-

dinary knife; slice carrots, shred cabbage, dice turnip, separate cauliflower into flowerets (soak, before cooking, in salted water to remove any insects). When broth is ready, strain, clarify, and add all the vegetables.

Vegetables may be cooked all together in the broth. Here cooking time for each vegetable must be taken into consideration: add longer-cooking vegetables to the broth first, and the shorter-cooking ones should be added just before the soup is done.

POULTRY BROTH

PAUKŠTIENOS SULTINYS

Poultry broth is made the same way as beef broth, but requires less strong tasting spices such as bay leaves and celery. The broth is colored by using burnt sugar or sauteed vegetables. This broth is served with a stuffed poultry neck (goose neck is best) or with soft dumplings.

STUFFED GOOSE NECK

ŽĄSIES KAKLELIS

1 goose liver	1 tablespoon goose fat or butter
1 cup bread crumbs	2 eggs
1 onion	Salt and pepper to taste

Mince the liver, add bread crumbs soaked in milk, chopped onion sauteed in fat or butter, eggs and mix well. Stuff mixture loosely into the skin of a goose neck, sew up the ends and cook separately in broth. When done, cut into pieces, place in serving dish and pour broth to cover.

Soft Home-Made Egg Dumplings **(Leistinėliai)**

½ cup broth or water	3 eggs
1 tablespoon butter	Dash salt
1 cup flour	

Bring broth or water to a boil. Pour flour into boiling liquid, stirring quickly. Stir constantly until mixture is smooth. Cool slightly, add salt and one egg at a time beating well after each addition. Using a teaspoon, spoon carefully into boiling broth. The dumplings may also be spooned into part of the broth, the rest of the broth to be added after dumplings are cooked.

Before serving sprinkle with chopped dill or parsley.

CHICKEN BROTH

VIŠTOS SULTINYS

3-4 lb. chicken	12 both kinds of peppercorns
1 lb. beef with bones	2 bay leaves
2 medium carrots	Salt, parsley
1 onion	

Clean chicken, remove meat from bones. Cut up bones with remaining meat into pieces. Put beef, chicken, bones, vegetables and spices into a pot, add 16 cups of water and cook in the same way as a clear broth.

Serve broth with pastries or soft egg dumplings. Before serving sprinkle with chopped dill or parsley.

MUSHROOM BROTH WITH TOAST SQUARES

(Serves six)

GRYBŲ SULTINYS SU PAŠTETĖLIAIS

4 oz. dried mushrooms	2 bay leaves
3 tablespoons butter	12 both kinds of peppercorns
2 tablespoons flour	16 cups of water
3 carrots	Some leeks, celery, parsley
1 onion	

Wash mushrooms well, scald with boiling water, and cook together with the vegetables and spices until tender. When cooked, strain the broth. Pick out the mushrooms, cut one half into strips and add to the broth, reserving the rest for toast topping. Saute flour in butter and add to boiling soup, stirring constantly.

TOAST SQUARES WITH MUSHROOM TOPPING PAŠTETĒLIAI

1 lb. white bread	2 tablespoons sour cream
3 oz. butter	Mushrooms cooked in broth
2 egg yolks	Some bread crumbs
2 onions	Salt, pepper

Prepare the bread in the same way as for toast squares with meat topping. Chop or grind the mushrooms, add chopped onions sauteed in butter, pepper, salt and other ingredients. Mix well and spread on bread squares making layers about one finger thick. Brush top with beaten egg, put in a well-greased baking dish and bake in the oven until yellow.

Arrange toast squares on a platter and serve with the soup.

Home-made noodles may also be served in this soup. They must be cooked separately and added to the prepared soup. This soup may be served during Lent or on Christmas Eve.



DELICATE WHITE SOUPS

POTATO SOUP BULVIENĒ

2 lbs. potatoes	1 lb. fresh cabbage
2 carrots	1 egg
2 tablespoons butter	1 qt. milk
2 cups flour	Salt to taste

This is a thick soup cooked with water, with milk added after cooking. Cut peeled potatoes into 4-6 parts, grate carrots coarsely and cook together in a small amount of water. Cut cabbage into squares.

According to taste, flour and egg may be made into

a dough, which is then chopped into small pieces and added to the soup when the vegetables are cooked. Bring to a boil again so that the dumplings will cook. Add the butter and milk. The potato soup tastes better if it is not allowed to boil after milk is added.

CREAM OF POTATO SOUP

PERTRINTŲ BULVIŲ SRIUBA

This soup may be made with or without meat. The cream is also optional.

3 lb. meat with bones	2 tablespoons butter
2 lbs. potatoes	2 egg yolks
3 carrots	1 cup cream
1 onion	Salt, some leeks, celery, parsley
1 tablespoon flour	

If meat is used, put meat, soup greens, peeled and cut up potatoes and spices into cold water and cook until meat is tender. Remove cooked meat. Strain the soup and force all the vegetables through a strainer. Saute flour in butter, mix in some broth, and pour into the soup. Beat yolks with a dash of salt, mix with the cream and pour into the soup. Potato balls shaped with a special small round knife, may also be added to this soup. They should be cooked separately in salted water being careful not to let them crumble.

Serve with croutons: slice day-old bread and cut into small cubes. Saute in butter. When serving soup, the croutons are served in a separate dish.

MILK SOUP WITH CARROTS AND POTATOES

MORKŲ IR BULVIŲ PIENIŠKA SRIUBA

1 lb. carrots	1 tablespoon flour
1 lb. potatoes	1 cup cream
1 tablespoon butter	2 egg yolks

Cut carrots and potatoes into pieces and put in a pot. Add parsley, onions, celery, a few peppercorns and water. Cover the pot and braise until vegetables are cooked. When the carrots are soft, force all the vegetables through a strainer.

Make a meat or vegetable broth. Strain when cooked.

Saute butter and flour, add some broth, mix with strained vegetables. Add mixture to broth and bring to a boil. Beat egg yolks with the cream and add to soup.

Serve with croutons.

Note: Milk soups should have a heavy, thick consistency.

CREAMED CARROT SOUP

PERTRINTŲ MORKŲ SRIUBA

2 lbs. carrots	2 tablespoons butter
½ lb. soup greens	2 egg yolks
2 tablespoons flour	2 cups cream

Carrots may be cooked together with the broth or separately. They have a stronger taste if cooked in broth. When carrots are soft, remove them from broth and force through a strainer. Strain the broth, add strained carrots and flour sauteed in butter. Beat egg yolks, add the cream and beat again. Pour into the soup. Serve soup with croutons.

CREAMED BEAN SOUP

PERTRINTŲ PUPELIŲ SRIUBA

1 lb. white beans	2 tablespoons butter
1 lb. soup greens	1 tablespoon flour
2 egg yolks	2 cups cream

Make a broth using vegetable greens. Put the vegetables into cold water. Cook the beans separately — do not add salt. Strain the broth and add the beans forced through a strainer. Saute flour in butter, add some of the broth, mix and add to soup. Beat egg yolks with cream, add to soup. Add salt to taste and heat but do not boil.

Croutons:

1 lb. day-old bread
Heaping tablespoon butter

Slice the bread and cut into cubes. (Do not use fresh bread as this will crumble when cut.) Melt butter in a frying pan and add bread cubes. Saute until yellow.

Serve with the soup in a separate serving dish.

CREAMED PEA SOUP
PERTRINTŲ ŽIRNIŲ SRIUBA

2-3 lbs. beef or pork ¼ lb. soup greens
(smoked pork is best) Dash pepper, bay leaves, salt
1 lb. good quality white peas

Make broth using smoked or fresh meat, soup greens and spices. Soak peas and cook together with the broth. When the meat and peas are tender, strain the broth and force the peas through the strainer. Add to broth. Cut the meat into small pieces and add to soup. Cream should not be added to this soup.

Croutons:

1 lb. black bread (White may
be used)
2 tablespoons butter

Cut bread into strips and bake on a buttered pan until dry.

Serve croutons in a decorative serving dish.

CAULIFLOWER SOUP WITH DUMPLINGS
KALAFIORŲ SRIUBA SU LEISTINĖLIAIS

3 lbs. cauliflower 2 egg yolks
2 tablespoons butter ½ cup cream
2 tablespoons flour

Make a vegetable broth. Clean cauliflower, cut off leaves and separate into flowerets. Place in lukewarm salted water for 10 min. (This will remove any insects). Put flowerets into boiling water and cook until soft. Drain carefully; reserve attractive pieces for putting into the soup whole, the others force through a strainer. Saute flour in butter, add strained cauliflower, mix and add to soup. Pour in egg yolks beaten with cream. Place reserved flowerets into soup tureen and pour in soup.

This soup may be made with or without meat.

Dumplings:

2-3 eggs
1 cup flour
1 tablespoon butter

Beat the butter, add egg yolks and mix well. Add flour and beaten egg whites. (If the dough is too thick, add a little milk. Spoon into boiling soup, before cream is added.

VEGETABLE SOUP WITH MILK

BALTINTA DARŽOVIŲ SRIUBA

2 lbs. potatoes	2 tablespoons flour
1 lbs. fresh cabbage	1 qt. milk
1 lb. carrots	Bay leaf, salt to taste
3 tablespoons butter	

Grate carrots coarsely and cook in a small amount of water. When they are partly cooked, add cut-up potatoes. Shred cabbage and scald with boiling water to remove bitter taste; add to vegetables. Saute flour in butter until light brown and add to the soup. Pour in the milk. The soup will be tastier if it will not be allowed to boil after the addition of milk.

SQUASH SOUP WITH EGG NOODLES

ARBŪŽŲ SRIUBA SU KUKULAIČIAIS

3 lbs. squash
1 heaping tablespoon butter
2 qts. milk

Peel and remove seeds from a ripe squash. Cut into pieces, put in a pot, add water to cover, salt to taste, and cook until tender. When done, force through a strainer, add milk and butter and heat but do not boil.

Egg Noodles (Kukulaičiai):

2 cups flour
1 egg, some water

Make a dough using flour, egg and water. (Dough should be softer than that used for lakštiniai). Pinch into small pieces, cook in a small amount of water. Drain and add to soup. If soup is too thick, add a little of the water where the noodles cooked. Add salt to taste.

Instead of kukulaičiai, flat egg noodles (skryliai), rice or potatoes may be used in this soup.

BARLEY SOUP

PERLINIŲ KRUOPŲ SRIUBA

2 lbs. chicken or veal	1 lb. potatoes
½ lb. barley	1 cup cream
½ lb. carrots	2 egg yolks

Make a meat broth. Wash barley well, cover with cold water and soak about one hour. Cook in the same water. When barley is done, set aside a part of it, pour in some broth and let stand. Pour broth into remaining barley, add some butter, and cook until very soft. Stir occasionally and add hot broth. Force barley through sieve, add to broth and bring to a boil. Beat egg yolks with cream

and add to soup.

Place separately cooked sliced potatoes and carrots and whole barley into a soup tureen, add broth with strained barley and serve.

VEAL SOUP WITH EGG NOODLES

VERŠIENOS SRIUBA SU SKRYLIAIS

2 lbs. veal with bones	1-2 cups cream
1 brain	Soup greens
2 egg yolks	Salt

Make broth. Remove bones, strain. Add cream beaten with egg yolks, heat, but do not bring to boil.

Scald the brain with boiling water to which some vinegar has been added. Cook the brain, cut into pieces and place in soup tureen.

Home-Made Egg Noodles **(Skryliai)**

2 cups flour
1-2 eggs
Some water, salt

Mix and knead ingredients to make dough. Roll out very thin and cut up into small squares. Cook separately in water. Place in soup tureen when done.

Instead of skryliai, the same dough may be used to make lakštiniai (fine egg noodles).

ONION SOUP

PERTRINTŲ SVOGŪNŲ SRIUBA

2 lbs. beef with bones	1-2 cups cream or sour cream
1 ½ lb. onions	1 lb. day old bread
1 tablespoon butter	Soup greens, salt
1 tablespoon potato starch	

Make meat or vegetable broth. Cut up onions and saute in butter until golden. Put onions into strained broth and let simmer until tender, then force through strainer and add to broth again. Dissolve potato starch in cold broth and add to soup. Bring to boiling and stir in cream. Serve with croutons.

YOUNG NETTLE SOUP

JAUNŲ DILGYNIŲ SRIUBA

2 lbs. beef with bones	½ cup sour cream
½ lb. smoked ham	2 lbs. young nettles
1 tablespoon butter	Soup greens, salt
2 tablespoons flour	1 small onion

Make broth. Strain. Pick over nettles, wash and put into boiling salted water, let boil twice, strain and rinse with cold water. Pick over once again and chop finely.

Melt butter, add finely chopped onion and nettles, saute stirring frequently. Saute flour in butter until browned and add to nettle mixture. Add mixture to broth, bring to boil, stir in cream.

Cut up the ham, boiled in the broth, into small cubes and put into the soup tureen.

Serve nettle soup with croutons or potatoes.

GREEN LEAF SOUP

LAPIENĖ

2 lbs. meat with bones	1 lb. potatoes
2 lbs. turnip greens	1 onion
½ cup barley	Bacon, to taste
1 turnip	

Cook meat and barley. Midway during cooking add thinly sliced turnip and cut-up potatoes. Finish cooking.

Take young turnip greens, undamaged by insects, and add a few beet greens for taste. Pick over very well, remove stems, wash and chop finely. Put into boiling water, let

boil twice, strain and rinse with cold water.

Strain broth, add greens and bring to a boil. Saute chopped bacon and onion and add to soup. This soup should be thick.

Note: This soup may also be made using young goose-foot (cultured or wild), young, barely sprouted thistles. Instead of turnip, Swedish turnip may be substituted. These soups are made only in the spring, because the greens taste better during this time.

FRESH CUCUMBER SOUP

ŠVIEŽIŲ AGURKŲ SRIUBA

2 lbs. meat with bones (veal or chicken)	1 tablespoon butter
½ lb. smoked ham	2 egg yolks
½ cup barley	1 cup cream
1 onion	2-3 medium cucumbers
	Soup greens, salt

Make broth and strain. Peel ⅓ of the cucumbers, slice and cook in salted water. Drain, rinse with cold water and place into tureen. Clean and slice remaining cucumbers, put into a pot together with the ham, onion, 2 cloves, 1 tablespoon flour sauteed in butter, add broth and cook. When done, remove ham, force everything else through a strainer, and add barley, which had been cooked separately. Add the broth, and cream beaten with egg yolks. Heat soup, but do not boil.

Sprinkle with fresh dill before serving.



SOUR, SPICY SOUPS

FRESH CABBAGE SOUP ŠVIEŽIŲ KOPŪSTŲ SRIUBA

1 lb. beef with bones	2 carrots
1 lb. smoked pork	10 both kinds of peppercorns
1 small head of fresh cabbage	1 bay leaf
3 tomatoes	1 onion
2 sour apples	Some parsley or celery.

Make broth in the usual way; however saute onion before adding to broth so that the color of the soup would be better. When the meat is tender, strain the broth and clarify. Shred cabbage, rub with salt to remove bitter taste, add to broth and cook in an uncovered pot. When cabbage is tender, add separately cooked and strained tomatoes and peeled, grated apples. Bring to a boil, simmer briefly. Serve with boiled potatoes.

SAUERKRAUT SOUP RAUGINTŲ KOPŪSTŲ SRIUBA

3 lbs. beef with bones or smoked pork	2 lbs. sauerkraut
4 oz. bacon	2 lbs. potatoes
4 oz. lard	2-3 dried mushrooms
	Soup greens

The broth is made the same way as in the preceeding recipe, except some dried mushrooms and grated carrots should be added. Braise the sauerkraut with the lard, add chopped onion and two tablespoons of flour toward the end of cooking. Put cooked sauerkraut into the broth, bring to a boil and serve with cooked or fried potatoes.



CUCUMBER SOUP WITH KIDNEYS

AGURKŲ SRIUBA SU INKSTAIS

3-4 medium-sized pickled cucumbers	1 tablespoon butter
3 lbs. beef with bones	1-2 cups sour cream
1 lb. kidneys	Soup greens
1 lb. potatoes	Salt, pepper

Make broth in the same way as for cabbage soup. Cook the kidneys separately, changing the water several times. When cooked, cut into small cubes and place into a soup tureen. Peel the pickles, remove seeds and dice. Add a little broth and butter and braise.

Strain broth and add cubed potatoes. When the potatoes are done, add the cooked pickles. Beat the cream with a pinch of salt and stir into the soup.

Barley or rice may be added to this soup if desired.

PICKLED CUCUMBER SOUP

AGURKŲ SRIUBA SU KROKETĖLIAIS

4 lbs. beef with bones	12 both kinds of peppercorn
8 oz. soup greens	2 bay leaves
2 onions	6 small pickles

This soup may be made with or without meat. The broth must be strong, contain various spices, and be clear; therefore, when the broth comes to a boil, simmer over a low heat in an uncovered pot.

If it is made without meat, double the amount of soup greens. Put meat, soup greens and spices into a pot, cover with water and cook until meat is tender.

Peel the pickles, remove seeds, slice, add a little broth and cook. Add a little broth to the peelings and seeds and cook separately. This liquid will be used to make the soup tart. When broth is cooked, strain and let stand to settle, then pour off carefully. Add enough of the pickle liquid to taste; add chopped pickle slices. Pour the soup into a tureen and sprinkle with chopped parsley.

TOMATO SOUP WITH MEAT-FILLED PASTRY

POMIDORŲ SRIUBA SU PYRAGAIČIAIS

3 lbs. beef with bones	4-5 tomatoes
1 lb. soup greens	1 tablespoon potato starch
12 both kinds of peppercorns	1 tablespoon butter
1 bay leaf	

Make a clear broth using the meat, soup greens and spices. Strain. Cut tomatoes into pieces; cook slightly and force through strainer. Add butter to the tomato paste and cook briefly over a low heat. Add tomatoes to broth. Dissolve potato starch in cold broth and add to soup. Bring soup to a boil. Pour into tureen and sprinkle with chopped parsley.

Pastry:

3 cups flour	3 eggs
4 oz. butter	1 cup milk
1 lemon peel	1 teaspoon yeast

Mix yeast with a bit of sugar. Make a dough using milk and $\frac{1}{2}$ of the flour and let rise. Beat egg yolks with a bit of salt. When the dough has risen, beat well so that there are no lumps, add egg yolks and the other ingredients, knead well, and wrap in a moist, clean cloth so that the surface of the dough will not dry out. Put in a cool place. When chilled, roll out to a thickness of $\frac{1}{8}$ in. and dot with butter. Fold the dough into the shape of an envelope and chill. When chilled, roll out again and repeat the previous process 4-5 times. When rolled out for the last time, spread with the meat filling, roll up the pastry, and put on baking sheet to rise. When risen, brush with egg and bake about 20 min.

Meat Filling:

1 lb. cooked meat	2 tablespoons bread crumbs
1 tablespoon butter	Pepper, salt, onion
2 egg yolks	

Grind cooked meat, add bread crumbs, chopped onion sauteed in butter, and grind again. Saute the mixture, cool

and add eggs and other ingredients. Mix well, spread on prepared dough.

Before serving, cut into 1 in slices and arrange on a platter so that the edge of one slice overlaps the previous slice.

TOMATO SOUP WITH RICE **POMIDORŲ SRIUBA SU RYŽIAIS**

2 lbs. beef with bones	4-5 tomatoes
½ lb. soup greens	1 cup rice
6 both kinds of peppercorns	½ cup sour cream
1 bay leaf	

Make broth using meat, soup greens and spices. Pour rice into sieve, wash, put into a pot, add some broth and some butter, and cook until done. Cut up tomatoes and braise with a little butter. When done, force through strainer. Tomato paste may also be used.

Strain the broth, add tomato paste and cook rice. Bring to boiling. Stir in the sour cream before serving.

BARLEY SOUP WITH MUSHROOMS **PERLINIŲ KRUOPŲ SRIUBA SU GRYBAIS**

2 lbs. beef and poultry with bones	1 cup sour cream
1 cup barley	4-5 dried mushrooms
½ lb. soup greens	Pepper, bay leaf
2 eggs	

Put meat, greens, spices and well-washed mushrooms into a pot and cover with about 16 cups of water. Cook the broth. Cook barley separately with a little water. Strain the broth, cut mushrooms into julienne strips and add to broth. Add cooked barley, heat. Stir in cream beaten with egg yolks.

This soup may be made with or without meat. (If cooked without meat, double the amount of soup greens).

Note: The best method of cooking barley: wash the barley and place into the top of a double boiler. Add boiling water or milk. Add a little butter to keep the barley separate. Put water into the bottom of double boiler and cook. Using the double-boiler method, the barley does not need stirring and will not stick to the bottom of the pot.

FISH SOUP WITH DUMPLINGS AND POTATOES **ŽUVIES SRIUBA SU KUKULAIČIAIS IR BULVĖMIS**

3 lbs. fish	1 tablespoon flour
2 onions	1 lb. soup greens
2 bay leaves	2 cups sour cream
12 of both kinds of peppercorns	Parsley
2 oz. butter.	

White fish soup is made from various fish leftovers and small fish.

Make broth using the fish and seasonings. Strain. Add flour, sauteed in butter, potatoes, dumplings, and stir in the sour cream. Sprinkle with chopped parsley before serving.

Dumplings:

½ lb. boned fish	1 egg
3 tablespoons bread crumbs	1 tablespoon sour cream
10 of both kind of peppercorns	1 tablespoon butter
1 onion	Dash of nutmeg

Grind fish, add bread crumbs, spices, chopped onion sauteed in butter, sour cream, egg and mix well. Shape into dumplings. Roll each dumpling in flour and cook in the fish broth.

Peel large potatoes, and using a round knife, shape into small round potato balls. If a round knife is not available, cut potatoes into quarters and boil them separately in salted water. Add to soup.



SMELT SOUP WITH SAUERKRAUT

STINTŲ SRIUBA SU RAUGINTAIS KOPŪSTAIS

2 lbs. smelts	
2 lbs. sauerkraut	1 onion
1 heaping tablespoon butter	Pepper, salt, bay leaves
1 tablespoon flour	10-12 cups water

Squeeze juice out of sauerkraut, add pepper, onion, bay leaves, water and cook. Saute flour in butter and add to soup. Bring to a boil and add the fish (well-washed and heads removed). Simmer 10-15 minutes and serve with boiled hot potatoes.

LEMON SOUP WITH RICE

CITRININĖ SRIUBA SU RYZIAIS

1 lb. potatoes	4-5 dried mushrooms
½ soup greens	1 lemon
½ cup rice or barley	1 tablespoon butter
½ cup sour cream	Dill, salt

Make broth using greens, seasonings, mushrooms and 16 cups of water. Strain. Cook rice or barley separately, adding butter. Add to soup and bring to a boil. Slice unpeeled lemon, slice mushrooms into julienne strips and add both to the soup before serving. Stir in cream.

SORREL SOUP

RŪKŠTYNIŲ SRIUBA

2 lbs. beef with bones	
1 lb. sorrel	2 cups sour cream
3 eggs	½ lb. soup greens
1 tablespoon butter	Salt

The base of this broth is a strong beef broth. Wash the sorrel, remove stems and veins. Cut across the leaves

into narrow strips and cook in a small amount of the broth and butter. When done, add to soup and slowly stir in the cream.

When serving, place hard-boiled eggs in the soup.

MEATLESS BEET SOUP WITH SOUR CREAM **BARŠČIAI BE MĖSOS SU GRIETINE**

2 lbs. red beets	2 bay leaves
2 onions	1 cup sour cream
6 dried mushrooms	1 lb. soup greens
10 of both kind of peppercorns	Salt

Make vegetable broth, strain and let stand until sediment settles to the bottom. Cut mushrooms, which had been cooked in the broth, into julienne strips. Peel cooked beets and grate coarsely or cut into small strips, add to broth. Add lemon or beet juice, for tartness, to taste, and bring to a boil. Before serving, add mushrooms and slowly stir in well-beaten sour cream. Serve with boiled or fried potatoes.

LITHUANIAN BEET SOUP **LIETUVIŠKI BARŠČIAI**

1 lb. smoked pork	1 cup sour cream
1 lb. soup greens	1 tablespoon butter
2 pickled beets	1 tablespoon flour

Make a broth as for other soups. Cut beets into julienne strips or grate coarsely, add some broth and cook separately. When broth is cooked, strain, add cooked beets, flour sauteed in butter and stir in well-beaten sour cream.

Serve soup with fried potatoes.



WHITE RUSSIAN BEET SOUP

GUDIŠKI BARŠČIAI

2 lbs. beef with bones	3 tomatoes
1 lb. smoked pork	½ head of cabbage (small)
4 carrots	1 cup beans
2 onions	1 lb. potatoes
3 red beets	1 cup cream

A strong meat or vegetable broth is the basis of this soup. Vegetable preparation: cook beets separately, peel and cut up with a serrated knife or grate coarsely. Cook shredded cabbage in some of the strained broth. Slice carrots cut potatoes into cubes using serrated knife, and cook both in a small amount of water. Put all vegetables into the broth. Add tomatoes (stewed and forced through a strainer). Stir in cream, well beaten with a bit of salt. Taste the soup if it has enough salt and tartness, heat and serve. Cubed pieces of meat used to make the broth may be added to this soup.

RED BEET SOUP

RAUDONŲ BUROKĖLIŲ BARŠČIAI

3 lbs. pork or beef	1 bay leaf
4 medium red beets	Soup greens
6 dried mushrooms	1 cup sour cream
6 peppercorns	

The broth tastes better if cooked with pork. Put meat, soup greens, seasonings, and well-washed dried mushrooms into boiling water and cook until meat is tender. Remove meat and mushrooms, strain broth. Cut mushrooms into julienne strips. Cook or bake the beets, peel and grate coarsely. Add lemon or beet juice to the broth for tartness (to taste). Add beets and mushrooms; heat the broth so that it will turn a red color from the beets. Saute 1 tablespoon of flour in butter, dilute with the broth and add to soup. Stir in sour cream. Serve with peeled or unpeeled cooked or baked potatoes.

LITHUANIAN COLD BEET SOUP

LIETUVIŠKI ŠALTIBARŠČIAI

3-4 red beets	2 cups sour cream
½ lb. coarse black bread	Salt
2 onions	

Cook, peel beets and cut into julienne strips or grate coarsely. Put in a pot and add 12 cups of boiling water. When cool, add the black bread tied in cheesecloth, and let stand in a warm place about 24 hours. Remove the bread, add finely chopped onions, stir in the sour cream. Add salt and sugar to taste. (Soup should have a sweet-sour taste).

Serve with fried potatoes.

COLD YOUNG BEET SOUP

JAUNŲ BUROKĖLIŲ ŠALTIBARŠČIAI

1 lb. red beets	2 cups sour cream
3 cucumbers	4 cups sour milk or buttermilk
3 eggs	2 scallions

Make vegetable broth. Cool. Cook beets separately, peel and grate coarsely. Add to the broth. Add salt to taste, and well-beaten sour cream and sour milk. Chill before serving, cut hard-boiled eggs into six pieces, peel cucumbers and cut into little squares, chop the scallions and some dill and add all these ingredients to the soup.

Serve with boiled potatoes sprinkled with chopped dill.

LENTEN COLD BEET SOUP

PASNINKO ŠALTIBARŠČIAI

3 lbs. red beets	3 herrings
½ lb. coarse black bread	Dill
2 onions	

Cook beets, peel and grate coarsely. Place into a pot and add 12 cups of boiling water. When cool, add the

bread tied in a piece of cheesecloth, and let stand in a warm place for about 12 hours. Remove the bread and add thinly sliced onions.

Wash the herrings well, clean, skin, and cut into $\frac{1}{2}$ inch pieces. Add to soup, and let stand 1 hour. Before serving, taste; if too sour add a bit of sugar. Boil unpeeled potatoes and serve with the soup.

BEER SOUP

ALAUŠ SRIUBA

2 bottles of good beer	1 tablespoon sugar
1 cup sour cream	2 egg yolks
1 stick cinnamon	Orange peel
1 slice black bread	

Put toasted bread and spices into water (equal to the amount of beer) and cook. When done, strain, add beer and heat in a covered pot. Do not bring to a boil. Beat egg yolks, mix with cream and stir into the soup. Add salt and sugar to taste.

This soup is served with cubes of dried farmer cheese and white bread croutons.



SWEET SOUPS

FRUIT SOUP WITH HOME-MADE NOODLES

VAISIŲ SRIUBA SU SKRYLIAIS

2 lbs. apples	Cinnamon stick, cloves
1 lb. pears	Lemon and orange peel
$\frac{1}{2}$ lb. plums	Sugar, to taste
1 tablespoon potato starch	

Boil water with spices, add sugar, let simmer, and add prepared fruit. Peel apples and pears, cut into six sections, remove cores and simmer slowly in spiced water so that the fruit does not fall apart. Take out cooked apples and pears, add the plums to the liquid and cook. When done remove the plums, strain the liquid, bring it to a boil and add dissolved potato starch. Heat until liquid thickens, add cooked fruit.

Cook noodles separately. Drain and add to soup.

Dried fruit soup is made in a similar way, except the fruit is put into cold water.

CHERRY SOUP

VYŠNIŲ SRIUBA

2 lbs. fresh cherries	1 cup sour cream
1 cup sugar	Cinnamon
1 tablespoon potato starch	

Wash cherries, remove pits, cover with boiling water, add sugar and cinnamon, and simmer 10-15 min. Add dissolved (in water) starch and bring to a boil. Chill. Stir in sour cream before serving.

Home-made egg dumplings (leistinukai) may be cooked separately and added to this soup, or it may be served with croutons.

PRUNE SOUP

SLYVŲ SRIUBA

1 ½ cups dried prunes	½ tablespoon potato starch
1 cup sugar	2 qts. water
1 cup wine	Cinnamon, cloves

Wash prunes, soak in warm water. Put prunes and spices in water and cook until they dissolve. Force through strainer, bring to a boil, add dissolved potato starch, sugar, wine or fruit juice, heat slightly then chill.

Prune soup is served with crackers.

TAPIOCA SOUP WITH WINE

SAGO SRIUBA SU VYNU

$\frac{3}{4}$ cup pearl tapioca	1 lemon
2 cups red wine	2 cloves
1 cup sugar	Dash cinnamon
1 cup currant or cherry juice	6 cups water

Pour tapioca into a sieve and wash very well with cold water. Put in a pot, add six cups water and bring to a boil. Add sugar, lemon peel, cinnamon and cloves, and cook, stirring occasionally until tapioca is soft and transparent. Add wine and fruit juice and bring to a boil. Taste to see if more sugar or salt is needed. Serve with crackers.

BLUEBERRY SOUP WITH DUMPLINGS

MĖLYNIŲ SRIUBA SU LEISTINUKAIS

3 cups blueberries	6 cups water
1 cup sugar	Lemon peel, cinnamon
1 cup sour cream	

Pick over berries, wash, add spices, cover with water and cook. When done, force through strainer. Add sugar and cream, heat but do not boil.

Cook dumplings separately in water, drain, and put in individual soup plates before serving.

Dumplings (Leistinukai):

1 cup flour	1 egg
1 tablespoon butter	Water, salt

BREAD SOUP WITH FRUIT

DUONINĖ SRIUBA SU VAISIAIS

$\frac{1}{2}$ lb. dry black bread	1 cup sour cream
1 $\frac{1}{2}$ cup dried fruit (mixed)	6 cups water
1 cup fruit juice	Spices
1 cup sugar	

Toast bread until brown, cover with water, add spices and cook until bread is soft. Force through strainer. Sort out the dried fruit and cook each type separately, starting with the light colored ones and ending with the dark ones. Strain the water in which the fruit has cooked, add sugar, fruit juice, bread, sour cream and fruit; mix and serve.

This soup may be made without sour cream.

COLD APPLE SOUP

ŠALTA OBUOLIŲ SRIUBA

5 medium apples	6 cups water
1 cup sugar	Cinnamon, orange peel
1 cup fruit juice	

Cut up apples, put in a pot, add spices, cover with 3 cups water and cook. When apples are cooked, force through strainer, add fruit juice, sugar, and heat but do not boil. Chill.

Dumplings (Leistiniai):

2 apples	2 eggs
2 tablespoons sugar	Bread crumbs

Peel and grate apples. Add sugar, eggs and bread crumbs to make a thick dough. Beat well. Spoon the dough, using a teaspoon, into boiling water. When the dumplings rise to the surface, remove from heat, cool and add to soup. Chill before serving.



MEATS

Because of its nutritional contents and good taste, meat is a very valuable food product. It contains a great deal of protein and fat. Most of the meat proteins are full value proteins, very similar to the proteins contained in the human body; therefore, easily absorbed by the organism. The amount of fat in meat varies; it depends on the type of animal and its feeding. Extractive materials give the meat its pleasant taste and promote the flow of the digestive juices. When the meat is cooked, they easily pass into the broth. Meat also contains potassium, sodium, iron, phosphorus, calcium and other minerals. Very few vitamins and carbohydrates are contained in meat. So that the organism would not feel this lack, meat dishes are served with various vegetable and bread side dishes.

In order to prepare tasty and healthful meat dishes one must take great care in buying meat. The meat must be fresh and come from a not too old, sufficiently fat and healthy animal.

Fresh meat from a healthy animal is elastic; when pressed with a finger it quickly springs back. Good meat has a rosy color, a pleasant aroma, and good taste. Meat from diseased animals contains membranes and fats which are of a watery consistency. Meat of a darker color and having a dried up surface is not fresh.

Meat must contain sufficient fats. Meat from lean animals has more protein and connective tissue. Dishes prepared using this meat are less juicy and tender. Meat from old animals is tougher, contains more membranes and tendons. It should be used for making soups, because it contains a lot of extractive and mineral matter.

Not all of the meat of an animal is of the same quality. A great deal depends on the part of the animal that the meat is taken from. The best meat comes from the top and back parts of the carcass; the quality of the meat decreases toward the front and the bottom of the carcass. Meat from the front of the animal contains more tendons. The back part contains more muscle and has less bones.

There are three methods of preparing meat: boiling, braising, and roasting or frying.

Boiled meat is the most easily digested, but it is not as nourishing as that cooked by another method, since a large part of the nourishment material is dissolved into the cooking water. To make boiled meat more nourishing it should be put into boiling water, so that the surface proteins will contract faster thereby retaining more nourishment in the meat.

Roasted or fried meat is the most nourishing, but is the hardest to digest. All kinds of meat from young animals and poultry may be roasted or fried. The larger pieces of meat are roasted in the oven, the smaller are fried in a frying pan on the top of the stove. Wash the meat and dry well, so that the protein matter can contract quickly while frying, otherwise it will not fry properly and will not be as nourishing. If the meat is lean, such as rabbit, game birds, etc., insert bacon into the meat. Roasted meat is basted frequently using water, broth, or pan drippings. Meat basted with water or broth is softer than that basted with fat. Cream may also be used for basting. This greatly improves the taste of some roasts such as rabbit.

Salt toughens the meat, therefore, it should be used on the roast only when it is almost done.

To test whether the meat is done, use the fork: prick the meat, and if the juice is not pink but light colored, the meat is done. Roasting time depends on the age of the animal or bird and on the size of the roast. When roast is done, let stand for a while before carving; otherwise it is very hard to carve it attractively.

Good roasts are boned before roasting.

The nourishment and digestion of braised meat depends

on the amount of fat used in its preparation. To braise meat, brown it on all sides in hot fat (butter or lard). Then add a small amount of broth, cover tightly, and cook until tender, moving the pot now and then so that the meat will not stick to the bottom.

Many seasonings are used in the preparation of meat dishes. Light meats require less seasonings than dark meats.

The taste of meat dishes depends a great deal on the age of the meat: the meat of a just-slaughtered animal is tough. To make it softer, more tender and tastier, it must be kept for a longer or shorter period in a cold place. In the summer it is kept for one 24-hour period, while in winter it may be kept for as long as 2 to 5 days. Meat is also tenderised by beating, marinating, rubbing with sugar and oil.

After acquainting ourselves with the main rules for preparing meat, we shall see how certain meat dishes are cooked and what foods should be served with them.

PORK

The best pork comes from 6-8 month to one year old Yorkshire breed of pigs, if they are not too fat, and the fat is evenly distributed in the meat. Good bacon may be obtained from older pigs.

Pork dishes are made from fresh, salted and smoked meat. Fresh meat is used for cooking several days after the pig is slaughtered, because then the meat is softer and more tender.

ROAST FRESH HAM **KEPTAS ŠVIEŽIAS KUMPIS**

In order to facilitate carving of the prepared ham, bone the meat before roasting.

Wash the ham, rub with salt, place in roasting pan and roast in hot oven. When it begins to brown, baste with pan juices. Do not add fat, since a lot of fat is contained in the ham. Add pepper, bay leaves, parsley, and other flavorful vegetables. Baste and turn frequently.

Bake 3 to 4 hours. Prick deeply, using a fork, in several places, so that the meat cooks faster and more evenly. When the ham is almost done, add several cut-up sour apples to the pan juices. Well baked apple pieces are forced through the sieve and added to the gravy.

When done, the ham, just like other roasts, is left to stand for a short while. Then it is carved into one-finger thick slices and arranged on a platter. It is served with cooked carrots, potatoes, braised or raw cabbage. A strong-tasting gravy such as horseradish or mustard, may also be used.

Fresh ham may also be roasted after marinating. The meat is first marinated for 2-3 days in a cooled vinegar marinade, cooked with various spices, and then roasted.

SMOKED HAM BAKED IN DOUGH

TEŠLOJE KEPTAS RŪKYTAS KUMPIS

To check whether the ham is well smoked and fresh, prick with a heated knife to the bone. If the aroma is pleasant and smoky, the ham is good.

A smoked ham is soaked 10-12 hours or even 24 hours, before baking, depending on how salty it is. After soaking, wash the ham, rub with wheat bran, wash again, dry thoroughly, and rub very well with fat so that the dough will not stick to it. Scald rye flour with hot water, knead well, and make a dough as for rye bread. Sprinkle the ham with flour and aromatic pepper (rub with caraway seeds if desired), cover with the dough to a thickness of one finger. Wet hands in cold water, and smooth out the surface of the dough. Place ham in roasting pan, and roast 3-4 hours in a hot oven, depending on the size of the ham. Remove from oven. Cool slightly, and remove the dough covering, scraping it off completely. Rub ham skin with fat for a nice shine, and put back into the oven for 5-10 min. to dry the surface.

A part of the ham may be sliced into thin slices and served warm with mashed potatoes, boiled or braised beans in tomato sauce, or cooked peas. Tomato sauce may be also served with the ham. The remaining ham may be eaten cold as an appetizer.

Hot or cold ham may be served with pickled beets with horseradish, radish salad, or horseradish made with vinegar.

BOILED SALTED OR SMOKED HAM

VIRTAS, SŪDYTAS AR RŪKYTAS KUMPIS

Soak the ham in cold water the evening before boiling. If it is very salty, the water may have to be changed. Wash the ham, rub with wheat bran, and after washing it again, put it into boiling water containing bay leaves, peppercorns, onions, carrots. Cook in a covered pot, at first on a higher heat, and later on a low heat, until tender. Remove from broth to cool; or if a juicier ham is desired, it may be cooled in the broth. Serve boiled ham the same as baked ham.

PORK WITH HORSERADISH SAUCE

KIAULIENOS GABALAS SU KRIENŲ PADAŽU

Soak salted or smoked pork, the best meat from a ham, and then place in boiling water with spices and cook until very tender. When done, cut into small pieces and place into a greased dish. Pour thick horseradish sauce over the surface, garnish with boiled potatoes or mashed potatoes, brush with beaten egg, and put into a hot oven for a short time. When the surface is browned, remove from oven and garnish with carrots and parsley leaves.

Serve in the dish where baked

Meat prepared in the above method is tasty and attractive.

PORK CHOPS

KIAULIENOS MUŠTINIAI (KARBONADAI)

2 lbs. pork chops	1 tablespoon fat
1 cup bread crumbs	Salt, pepper
3 eggs	

Each portion of chops should contain one bone. If the bone is very long it should be shortened. Beat the meat, rub with salt and pepper, dip in beaten eggs and sprinkle with bread crumbs. Fry in hot fat until browned, then place the chops in a baking dish, pour in the fat in which they fried, and put into a hot oven for 10 min. Serve chops as soon as prepared, for best taste.

Pork chops may be served with sauerkraut, braised or raw cabbage, potatoes prepared in various ways, or red beets. Pickled beets go especially well with this dish.

SMOKED HAM BIRDS RŪKYTOS KUMPIO RIESTINIAI

10 thin slices of ham	tables: carrots, turnips, po-
1 hard boiled egg	tatoes, peas, cucumbers, to-
2 tablespoons sour cream	matoes, etc.
2 onions	Salt, pepper
1 heaping tablespoon butter	1-2 tablespoons bread crumbs
A small amount of various vege-	

Pound ham slices very thin, taking care not to make any holes. Dice or julienne vegetables. Cucumbers may be fresh or pickled, but seeds must be removed. Braise, starting with longer-cooking vegetables, in a little water with butter added. When done, add bread crumbs, salt (if ham is not too salty), pepper, chopped egg, and mix very well. Spread each ham slice with vegetable mixture, roll up and tie with thread. Sprinkle with flour and brown in hot fat. Then put birds into a heavy pot, add a little water or broth and braise. When done, add the cream. Before serving, remove thread, arrange in a platter; strain the gravy in which the birds cooked and pour over the birds on the platter.

Smoked ham birds should be served with cooked or fried potatoes, pickles or sauerkraut.

STUFFED PORK RIBS

JDARYTI KIAULIENOS ŠONKAULIAI

3 lbs. pork ribs	2 tablespoons butter
1 lb. sauerkraut	1 tablespoon flour
3 medium sour apples	Salt, pepper
2 onions	

Ribs should be meaty with a bit of bacon. The bacon should be about $\frac{1}{2}$ in. (1 cm) thick. If it is thicker, cut some of it off. Using a sharp knife, separate the meat from the bones, forming a pocket. If fresh pork ribs are used, rub meat with salt.

The stuffing is prepared in the following way: Finely chop onions and saute in butter; wash the sauerkraut; cut apples into pieces. Put everything in a pot and braise until almost done. Stuff the pocket with the mixture, sew up the edge. Place ribs in roasting pan, add a little water or broth and put into a hot oven. When done, slice parallel to the bones. If the bones are very long, they may be pre-cut before cooking so that the carving is facilitated. Arrange the ribs in serving dish, pour in the pan drippings to which some butter and flour has been added. Serve ribs with boiled potatoes or mashed potatoes.

BRAISED RIBS

TROŠKINTI ŠONKAULIAI

2 lbs. pork ribs
2 tablespoons butter
Salt, pepper

Ribs, meaty with a bit of bacon (as in the above recipe), should be sliced lengthwise into pieces containing two ribs each. Rub with salt and pepper, saute in butter until golden. Then put into a heavy pot, add the butter in which they fried, add broth or water and braise until very tender. Arrange ribs in the middle of the serving dish, with potatoes on each side of the meat. Rice may be used instead of potatoes. Add a bit of butter

and flour to the gravy where the meat braised, simmer briefly. Pour the gravy over the meat.

STUFFED BREAST OF PORK

ĮDARYTAS KIAULIENOS KRŪTINKAULIS

2 lbs. breast of pork	1 tablespoons butter
1 lb. sauerkraut	2 onions
4 medium apples	Salt, pepper

Wash meat, chop through the bone to facilitate slicing, and using a sharp knife make pockets between the bones and the meat (similar to those in the stuffed pork rib recipe). Stuff with the same kind of stuffing as the ribs, or use fresh braised cabbage with apples. If the meat is fresh, it should be rubbed with salt and pepper. Sew up the pocket, and roast the same way as the ribs. Serve with boiled or mashed potatoes.

If the bones are chopped into smaller pieces, the breast of pork may be boiled in salted water, browned in fat, and served with potatoes and braised cabbage.

HAM AND NOODLE CASSEROLE

KUMPIO IR LAKŠTINIŲ APKEPIMAS

3 cups flour	1 tablespoon butter
2 eggs	1 tablespoon bread crumbs
1 lb. ham	Salt

Using flour, salt, eggs and water make a dough which can be rolled out easily. Roll out the dough (not too thin), cut into strips and cook in salted water. When done, drain in colander and rinse with cold water.

Cut the ham into julienne strips and saute in butter. Grease the casserole dish with butter and sprinkle with bread crumbs. Place a layer off noodles on the bottom of the dish, then a layer of ham strips, alternating the layers until noodles and ham are used up. Top layer should be noodles. Brush surface with beaten egg, pour some fat on top and bake in the oven 30 min.

Serve in casserole dish, together with a spicy sauce such as tomato or horseradish.

HAM AND BREAD CASSEROLE

KUMPIO IR PYRAGO APKEPAS

½ lb. ham	4 eggs
¾ lb. bread	1 tablespoon butter
2 onions	Bread crumbs, pepper
½ cup sour cream	

Soak the bread, squeeze out the water, place in a bowl and beat with a wooden spoon, adding one egg yolk at a time, until all four egg yolks are added. Then add the butter, sour cream, salt, finely ground pepper and beaten egg whites. Mix lightly. Prepare the ham by cutting into julienne strips. Mix with finely chopped onion and saute in butter.

Grease casserole dish using butter, and sprinkle with bread crumbs. Put a layer of dough (one finger thick) on the bottom of the dish, add a layer of ham mixture of the same thickness. Continue, alternating the layers until dough and ham mixture is used up. Top layer should be dough. Pour melted butter on the top of the casserole and sprinkle with grated cheese. Bake in medium oven 15-20 min. When the casserole springs back from the sides of the dish, it is done and may be removed from the oven.

The casserole is served in the same dish where it baked. A tomato or onion sauce should be served with it.

MEAT LEFTOVER AND MASHED POTATO CASSEROLE

MĖSOS LIKUČIŲ IR BULVIŲ KOŠĖS APKEPAS

2 lbs. boiled or roasted meat	1 tablespoon butter or lard
2 eggs	Mashed potatoes
2 onions	Pepper
2 bay leaves	

Chop meat leftovers (pork is best) or grind in a meat grinder. Saute finely chopped onion in the butter, add chopped meat, salt, pepper to taste, crushed bay leaves, and, if the meat is very lean, a little fried bacon. Remove from heat, add beaten eggs, mix and put in layers into a prepared dish alternating with mashed potatoes (same as in noodle bake). The top layer (of mashed potatoes) should be dotted with butter. This will turn the surface golden and attractive. Bake in the oven 15-20 min. Remove from oven and garnish with mashed potatoes. Return to the oven to brown. Then it is garnished with carrots and parsley leaves and served with a horseradish or tomato sauce. Side dishes may include sauerkraut, cucumbers, or other salads.

RAGOUT

ŠUTINYS

2 lbs. pork or other meat	2 tablespoons butter
1 bay leaf	2 cups broth
1 large onion	Carrots, celery
1 tablespoon flour	Salt, pepper
¾ up sour cream	

Cut meat leftovers (meat can be varied: pork, beef, veal, lamb, etc.) into small squares, roll in flour, brown in fat. Place into a pot, add some butter, broth, vegetables and braise. When the meat is tender, add the cream.

Ragout is served with noodles, tomato salad, or mashed potatoes.

RAGOUT (ANOTHER METHOD)

ŠUTINYS KITAIP

1 lb. boned pork	2 medium onions
1 lb. beef	1 carrot, celery
1 heaping tablespoon butter or oil	4 cups broth
	1 tomato

Cut meat into small squares, roll in flour, brown in fat starting with the pork. When the pork is well browned, add the beef and brown both together. When done, put into pot, add sauteed onion, cut up the carrot, celery, tomato, broth, and braise. When meat is tender, add salt and pepper to taste.

This is served with separately braised rice.

RAGOUT WITH SAUERKRAUT

ŠUTINYS SU RAUGINTAIS KOPŪSTAIS

2 lbs. sauerkraut	1 tablespoon butter
4 oz. bacon	1 teaspoon flour
1 ½ lb. leftover meat	4 cups water
1 onion	Salt, pepper

Squeeze out sauerkraut. If the kraut is very sour, wash in water, squeeze out again, place into a pot, add broth or water and braise together with the bacon. Before the sauerkraut is done, remove the bacon and cut into small pieces and mix with finely cut up cooked or roasted meat. Saute the mixture, together with finely chopped onion, in butter to which the flour has been added. Now, place the mixture into the sauerkraut, add salt and pepper. Braise in a covered pot, stirring frequently, until the sauerkraut is done.

Serve with boiled potatoes.

YOUNG PIG

The meat of a 4-8 week old pig tastes the best. Scald the pig, remove bristles, dry, rub with bran and singe. Handle carefully, so that the skin will not be harmed. The singed pig is washed, dried, split open along the stomach and cleaned. Wash thoroughly, rub the inside with salt and let stand several hours. Then it must be washed again.

ROAST YOUNG PIG

KEPTAS PARŠELIS

Prepare young pig as directed above, place on roasting rack on its stomach, brush with butter or oil and place into hot oven. When it starts to brown, brush generously with butter or oil; baste often with pan drippings. A little hot water is poured on. The skin of the pig should be watched so that it does not burn. Depending on the size of the pig and the heat of the oven, the roasting time is about 1 - 1 ½ hours.

When done, the pig is cut lengthwise and crosswise into 5-6 parts. The pieces should be arranged on a platter in such a way as to form the whole pig. Add some flour and broth to the pan drippings, simmer briefly, strain and serve with the pig.

Roast young pig is served with variously prepared potatoes, cucumbers, tomatoes, cabbage, etc.

STUFFED ROAST YOUNG PIG

KEPTAS IDARYTAS PARŠELIS

Prepare young pig as directed above, and stuff with the following stuffing:

Young pig's lungs, heart, kidneys,	4 tablespoons bread crumbs
liver	2 eggs
1 lb. veal	Salt, pepper, various spices
2 oz. butter	

Cook lungs, heart, and liver in spiced broth (kidneys are cooked separately, changing the water two or three times). When done, chop finely and add ground veal. Beat the butter until light, add the meat, a dash of nutmeg, beaten eggs, bread crumbs, pepper and salt to taste. Mix well, stuff young pig with the mixture, sew up the cavity and roast following the method of the Roast Young Pig recipe. Carve into pieces before serving. Gravy and side dishes are the same as for Roast Young Pig.

A variation of the stuffing is as follows:

Young pig's lungs, heart, kidneys, liver	3 eggs
4 oz. bacon	4 oz. dried currants
1 tablespoon butter	Soup greens
4 tablespoons bread crumbs	Dash nutmeg
	Salt and pepper

Cook young pig's lungs, heart, etc. as above. When cooked, add bacon and grind in meat grinder.

Beat butter until light, add meat, beaten egg yolks, bread crumbs, nutmeg, washed currants, pepper, salt and fold in beaten egg whites. Stuff pig with the mixture, sew up cavity and roast. This stuffed pig may also be boiled in a vegetable broth.

Roast young pig may also be stuffed with home-made egg noodles (skriliai, lakštiniai).

BOILED YOUNG PIG WITH WHITE SAUCE

VIRTAS PARŠELIS SU BALTUOJU PADAŽU

Clean the pig, cut into pieces and place into boiling water without spices. No spices are used to retain the taste of the pig. Simmer carefully on low heat so that the meat will not fall apart. When meat is tender, remove from heat and cool in the broth so that the meat is juicier. When cool, remove from broth, arrange in serving dish, pour white sauce over it and sprinkle with finely chopped parsley leaves. This dish may be served with boiled rice, groats, fried or mashed potatoes.

Boiled young pig may be served with the following sauces: horseradish, mushroom, sweet-sour, etc.

YOUNG PIG IN ASPIC

PARŠELIS DREBUČIUOSE

4-6 week old pig	Some dried mushrooms
1 lemon	Soup greens and other vegetables
1 egg	Salt
8 sheets gelatin (Knox)	

Prepare the pig, cut into pieces, put in boiling water, with spices, soup greens and mushrooms. Simmer over low heat, skimming the top. When done, remove the meat and arrange in a bowl. Garnish with lemon slices, carrot slices, hard boiled egg sections, and parsley leaves.

Strain 4 cups of broth. Add dissolved gelatin, and, when cool, pour over prepared meat. Chill and serve.

YOUNG PIG ROULADE

PARŠELIO VYNIOTINIS

4-6 week old pig
4 oz. smoked ham
2 oz. butter

3 eggs
Soup greens
Salt, pepper

Slit the breast of pig and remove all the bones. Leave meat attached to the skin and even it out as much as possible to make a layer of equal thickness.

Boil kidneys separately, changing the water several times.

Chop kidneys, heart and liver and saute in butter. When done, arrange evenly on prepared pig layer. Arrange hard boiled egg pieces and diced ham on the layer, then roll up tightly (skin side up), close up the ends, sew up, wrap in cheesecloth and tie with thread.

Put roulade into oblong dish (if not available, use a large pot), add soup greens and spices, bones and other remnants, cover with boiling water and cook 2-3 hours. Remove from heat, put in a cool place and press, not removing from the broth. When cooled and pressed, remove cheesecloth and thread, slice into thin slices and serve.

YOUNG PIG ROULADE (Another Method)

PARŠELIO VYNIOTINIS KITAIP

4-6 week old pig
1 lb. veal
1 liver
1 large onion

2 eggs
½ cup bread crumbs
1 tablespoon butter
Salt, pepper

Prepare young pig as described in previous recipe.

Prepare stuffing in the following way: remove membranes from liver (young pig's or veal). Put liver into a clay bowl and crush well. Grind meat in a meat grinder. Chop onion finely and saute in butter. Add to liver, with the eggs and bread crumbs, and beat well. Spread this mixture on prepared pig layer, roll up tightly, sew up, wrap in cheesecloth and tie with thread.

Place roulade in a large pot, add soup greens and one cup of broth or water. Roast 1 ½ to 2 hours, depending on the size of the pig. Baste during roasting. Remove from oven and press in the same dish. When cool, remove cheesecloth, thread, and cut into thin slices.

BEEF

Beef is classified according to the age of the animal: veal (calves from 14 days to 6 weeks old), young beef (6 weeks to 2 years), mature animal (from 2 to 5 years old), and old animals.

Beef may be prepared by boiling, frying, braising or roasting. For roasting the rib, loin, round and rump sections are used. To braise or boil, less tender cuts such as short plate, brisket, chuck or shank are used. For ground meat dishes flank, chuck and round may be utilized.

ROAST BEEF

JAUTIENOS KEPSNYS

2 lbs. first quality beef
1 oz. butter
1 onion
4 oz. bacon

½ cup water or broth
Soup greens
Salt, pepper

Pound washed meat, marinate or rub with oil. Meat should be pounded wrapped in a damp, well wrung out

piece of linen. Using this method, the meat will not lose its shape while pounded. After 2 hours, remove meat from marinade, blot dry, and, if the meat is lean, insert square strips of bacon in several places. Rub the meat with pepper, brush with melted butter, and place in a greased dish containing soup greens. Roast in a hot oven. Large pieces of meat roast better in the oven. When the meat starts to brown, baste with hot water or broth. Later, baste frequently with pan juices. If there is not sufficient juice, hot water may be added. If the surface of the meat gets too brown, cover the roasting dish. When done, (when pricked with fork, a light colored juice will come out) remove from oven, cool slightly, and, using a sharp knife, carve into thin slices. Arrange on a platter, adding various braised vegetables, pour gravy made from pan drippings over the meat.

Gravy: mix one tablespoon of flour into the pan drippings, avoid making lumps, simmer briefly. Add 2-3 tablespoons sour cream, heat, add salt and strain. Gravy may be served in a separate dish.

ENGLISH ROAST BEEF

ANGLIŠKAI KEPTA JAUTIENA

2 lbs. first quality beef	Parsley, celery
4 oz. butter	2 tablespoons oil
3 onions	Salt, pepper, sugar
2 carrots	

Wash meat in cold water, dry and pound. Rub with sugar, oil, pepper; place in a pot, sprinkle with vegetables, cover and let stand 2 hours. Then brown meat on all sides using a little fat. Place into a heavy pot, add frying pan drippings, some broth, vegetables, spices, butter and salt, close tightly and braise 20-30 min. Meat prepared in this way will be rare; we are not used to eating meat this way.

This meat is served cut into thin slices, arranged on a platter, together with various vegetables, and the sauce in which it cooked is poured over the meat slices. Vegetables served with it may include beans, peas, red beets, potatoes, carrots, etc.

BRAISED BEEF WITH HORSERADISH STUFFING

TROŠKINTA JAUTIENA SU KRIENŲ ĮDARU

2 lbs. first quality beef	1 tablespoon sugar
2 oz. butter or oil	2 egg yolks
½ cup grated horseradish	1 lemon
1 oz. butter	Salt and pepper
1 tablespoon bread crumbs	

Melt butter in a small pot, add bread crumbs, horseradish, sugar, salt, beaten egg yolks, lemon juice; mix while heating.

Pound the meat slightly, rub with salt and pepper, brown on all sides in hot fat, and braise together with onions, bay leaves, pepper, carrots, celery, parsley leaves, and leeks. Add some broth, so that the meat will not stick to the bottom of the pot. When the meat is partially tender, make slits in several places, stuff with horseradish mixture, tie the meat and continue braising until tender. It is served sliced. Boiled or mashed potatoes, cucumbers, or other vegetables may be served with it.

BEEFSTEAK

MUŠTINIAI — BIFŠTEKAI

3 lbs. first quality beef (rib)	2 oz. butter
3 onions	Some lard
1 tablespoon grated horseradish	Salt, pepper

Remove all membranes from the meat; cut across the grain into pieces one finger thick and pound each one separately. The pieces should be of an oval shape and not thick. Brown the prepared meat using a frying pan, in hot fat, over high heat. Brown both sides, sprinkling them with bread crumbs, salt and pepper. When browned, put meat into a pot, pour fat from the frying pan over the meat and place for 10-15 min. into a hot oven. Beefsteak should be prepared just before serving. Serve on a heated platter. Place one tablespoon of fried onions

on each piece of meat. Arrange fried potatoes around the meat.

Side dishes can include a green salad or pickles.

Beefsteak pieces may also be topped with one egg each. They look especially nice garnished with a piece of tomato. The meat should be served surrounded by fried potatoes.

BEFFSTEAK (Another Method)

MUŠTINIAI — RUMŠTIKAI

3 lbs. first quality beef	2 eggs
2 oz. butter	½ cup sour cream
1 lemon	½ cup broth
1 tablespoon bread crumbs	Salt and pepper

Remove ligaments and membranes from the meat, cut into one finger thick pieces and pound until very thin and form a square shape. Dip each in beaten egg and fry in hot fat, turning and sprinkling with salt and pepper. If English style beefsteak is desired, they are served immediately; but if rare meat is undesirable, they may be sauteed a little longer over a low heat, and after adding a bit of butter and broth, braised for a short time. When tender, they are placed on a serving dish, a slice of lemon (peeled) is placed on each piece. Fried potatoes are placed on each side of the meat, and a side dish of cucumber salad with sour cream is served with the beefsteak. Add some flour, broth and sour cream to the pan drippings and make a gravy. This gravy is served in a separate dish.

LITHUANIAN BEEF BIRDS

LIETUVIŠKI RIESTINIAI

3 lbs. tender beef	1 tablespoon flour
2 oz. butter	1 carrot
2 onions	½ cup sour cream
1 cup black bread crumbs	1 ½ cup broth
4 dried mushrooms	Salt, pepper
1 egg	

Cut meat into thin slices (squares) against the grain being careful not to tear the meat. Rub with flour and pepper and set aside. To make stuffing, saute finely chopped onion in butter, add cooked chopped mushrooms, bread crumbs, some salt and the egg. Mix well, and, if the mixture is too thick, add some broth or sour cream.

Sprinkle the meat with salt, spread with the stuffing, roll up the meat fastening the ends; brown in a frying pan in hot fat. Now place meat in heavy pot, add grated carrot, pan drippings and broth and braise over low heat. When almost done, add some dried black bread.

When birds are tender, remove from pot and remove thread. Strain braising liquid, add flour, simmer, stir in the cream and heat. Place birds on serving dish and pour the gravy over them. Arrange fried potatoes or barley around the meat. Pickles, sauerkraut, or marinated vegetables should be served with this dish.

INDIVIDUAL MEAT LOAVES JAUTIENOS MALTINIAI

2 lbs. beef	½ cup sour cream
8 oz. suet	2 oz. butter
1 onion	Salt and pepper
3 tablespoons bread crumbs	

Remove ligaments and membranes from the meat and grind. Add bread crumbs, finely chopped and sauteed in butter onion, pepper, salt, and grind once again. Add chopped suet and knead. Mixture should be soft. Wet hands with cold water and shape mixture into round, slightly flattened meat loaves. Fry in hot fat until nicely browned, and immediately put into the oven for 10 min.; there they will swell up. These meat loaves made without egg are softer and tastier, but they must be evenly shaped, their surface should not contain any openings so that they will not burst while frying.

They may be served with cooked, fried or mashed potatoes, boiled or mashed carrots, peas or other vegetables. The gravy is dark, made out of the pan drippings.

Eggs may be added to the above recipe. For the above ingredients two eggs may be used, but then the amount of the suet is decreased. Since the eggs, especially egg whites, will make the meat loaves harder, only egg yolks should be used.

MEAT LOAF

JAUTIENOS VYNIOTINIS

2 lbs. beef	2 egg yolks
4 oz. suet or bacon	Broth
4 tablespoons bread crumbs	Salt, pepper
1 onion	

First quality meat need not be used for this recipe. Remove membranes and ligaments from the meat and grind. Add bread crumbs, finely chopped onion sauteed in butter, and grind again. Add egg yolks (if the whole egg is used, the egg white should be beaten), salt, pepper and knead well. If the mixture is very thick, add some broth.

Shape the meat into an oblong loaf, brush with beaten egg and sprinkle with bread crumbs. Place into greased roasting dish. Brush surface of meat with fat and roast in a hot oven about 1 hour. When browned, baste with broth and pan juices. The meat is done, when it is of an even, gray color when cut. Slice the meat into $\frac{1}{2}$ in. thick slices and arrange on a platter. On one side of the meat are placed fried potatoes, on the other side, braised red beets.

Meat loaf may also be stuffed. The stuffing may be varied, for instance, mushroom, rice, egg, bacon and other stuffings may be used. The method is this: spread out prepared meat into one finger thick layer. Spread layer with one of the stuffings, roll up the meat, sealing the ends. Sprinkle with bread crumbs, and roast basting with fat and broth. (Baste with broth only when the meat is already browned, otherwise the meat loaf may burst).

Stuffing I: Chop 4 hard boiled eggs, add 2 tablespoons melted butter, salt, pepper and chopped parsley leaves. Mix and spread on meat layer.

Stuffing II: Two hard boiled eggs are cut in half and put lengthwise on the meat layer.

Stuffing III: Fry a mixture of 3 eggs, 3 tablespoons sour cream, and salt to taste. Scramble and spread on prepared meat layer. Arrange narrow strips of bacon on the egg layer and roll the meat . . .

Meat loaf may be made not only from beef, but also from pork, veal or a mixture of all three meats, using equal amounts of each.

STUFFED CABBAGE ROLLS KOPŪSTAINIAI

2 lbs. tender meat	1 head of cabbage
4 oz. suet	2 tablespoons tomato paste
1 onion	½ cup sour cream
1 egg	Salt, pepper
3 tablespoons fat	1 cup rice

Remove dark green leaves from the head of cabbage, simmer the cabbage in salted water to soften the leaves. Remove top leaves when softened, and simmer the head of cabbage again to soften the next leaves. Cut off tough part of leaf stem and stuff each leaf.

Stuffing: Remove membranes from meat and grind. Add cooked, cooled rice, chopped suet, finely chopped onion, sauteed in butter, egg, pepper, salt and mix well. Place one tablespoon of mixture on each cabbage leaf, roll up and fasten with tooth pick. Brown each roll in hot fat. Then put stuffed cabbage into a heavy pot, add pan drippings, some broth, and saute over low heat until tender. When done, add tomato paste, stir in sour cream. Arrange in a serving dish together with fried potatoes and serve with a gravy made from strained braising liquid.



BOILED BEEF BRISKET

JAUTIENOS GABALAS

2 lbs. beef	2 carrots, leeks, celery, parsley
2 onions	Salt, pepper
2 bay leaves	

Use a fairly fat piece of meat. Place meat in boiling broth, containing vegetables and spices. Cover, and cook at first on high heat and later on lower heat until tender. When done, slice into $\frac{1}{3}$ in. thick slices, arrange attractively on a platter and pour warm horseradish sauce over the meat. Instead of horseradish sauce, tomato, onion or another spicy sauce may be used. Serve with boiled or mashed potatoes and various vegetable salads.

Instead of vegetables, buckwheat groats, barley or boiled wide homemade egg noodles mixed with butter and grated cheese may be served.

This same method may be used for preparing a piece of pork or lamb.

LITHUANIAN STEW

ŠUTINYS

2 lbs. beef	4 oz. butter
1 onion	2 tablespoons flour
$\frac{1}{2}$ lb. soup greens	1 bay leaf
$\frac{1}{2}$ cup sour cream	Salt, pepper
2 cups broth	

Cut meat into fairly large pieces, pound, sprinkle with flour and brown in hot fat.

Place a layer of coarsely cut up vegetables in a heavy pot, add a layer of meat, then vegetables again, etc., until vegetables and meat are used up. The top layer should be vegetables. Add broth, cover the pot, and braise until the meat is tender. Add the cream, heat and serve.

The stew is served with wide egg noodles and tomato salad.

MEAT DUMPLINGS

RIEBULIAI

1 lb. good quality beef	2 tablespoons broth
1 lb. suet	Some butter
1 onion	Salt and pepper

Grind the meat together with chopped onion sauteed in butter. Chop the suet. Add the suet to the meat, add pepper and mix well.

Dough:

4 cups flour
2 eggs
Salt, water

Make dough using above ingredients, softer than the dough used for egg noodles, and roll out thin. Shape meat into small balls and place near the edge of the rolled out dough in a row. Bend over the edge of the dough to cover the meat, and cut into small dumplings using a drinking glass or a special dumpling cutter. Seal the edges of each dumpling and boil in broth or water just before serving. Serve with some of the liquid in which they cooked. (They must be hot).

Meat dumplings may also be made using lamb. They must be served hot, on heated plates.

FRESH BEEF TONGUE

ŠVIEŽIAS JAUČIO LIEŽUVIS

Clean the tongue, rub well with salt, wash and put into boiling salted water with soup greens and simmer until tender. Remove from water, peel off skin, cut into thin slices and serve hot with green peas and mashed potatoes. In the middle of the platter put a row of peas and a row of mashed potatoes, arrange slices of tongue at each side and pour white sauce over it.

BOILED BEEF

VIRTA JAUTIENA

3 lbs. good quality beef	or dill
1 onion	Bay leaves
2 carrots, leeks, celery, parsley	Salt, pepper

Wash the meat and put in boiling water containing vegetables and spices. At first cook over high heat, then lower the heat, cover the pot and simmer about 3 hours. When meat is tender, remove from broth, sprinkle with bread crumbs, and put into a hot oven for 15 min. To serve, cut into thin slices, arrange in serving dish with potatoes, and serve with spicy sauce.

May be served with horseradish, mustard, pickles, fresh cabbage with oil, tomato salad, etc.

BOILED BEEF WITH VEGETABLES

VIRTA JAUTIENA SU DARŽOVĖMIS

3 lbs. boneless beef	4 oz. Italian macaroni
½ lb. cauliflower	4 oz. butter
½ lb. carrots	2 tablespoons bread crumbs
½ lb. potatoes	Salt and pepper
½ lb. green peas or beans	

Pound the meat, shape into a round form, tie with string and put into boiling water containing soup greens. Start cooking over high heat and then lower the heat and simmer the meat until tender. Cook in a covered pot. When done, cut into slices, arrange on a platter and place vegetables, individually braised with butter, around the meat. Sprinkle with bread crumbs and serve with a spicy sauce.

BOILED BEEF WITH CHEESE

VIRTA JAUTIENA SU SŪRIU

3 lbs. boneless beef	1 onion
2 oz. butter	1 cup sour cream

2 egg yolks	6 peppercorns
3 tablespoons grated Holland cheese	Salt Soup greens

Pound the meat and shape into a round form, tie it up and place into boiling water containing soup greens and spices. At first cook over high heat and later over low heat, simmering in a covered pot until the meat is tender. Remove, slice and place into casserole dish.

Saute finely chopped onion in butter, add a tablespoon of flour, heat, stir in cream and add one cup of broth. Bring to a boil and beat in egg yolks, add salt, pepper and pour over meat. Sprinkle with grated cheese and put into hot oven to brown. Serve in the same dish.

Boiled beef may be served with boiled or fried potatoes; Italian macaroni or rice may be served instead of the potatoes.

Salads: tomato, cucumber, raw cabbage, and others, but only made with oil.

BOILED BEEF WITH HORSERADISH SAUCE VIRTA JAUTIENA KRIENŲ PADAŽE

3 lbs. boneless beef	½ cup sour cream
1 onion	2 egg yolks
Peppercorns, bay leaf, soup greens	1 cup broth
1 medium horseradish root	Some butter, sugar

Pound the meat, shape it into an oblong form, tie it up and put it into boiling water, containing soup greens and spices. Start cooking on high heat, then simmer in a covered pot over a low heat until meat is tender. When done, slice, place in serving dish and pour horseradish sauce over the meat.

Sauce I: peel the horseradish, soak in cold water, grate, mix with sour cream. Add salt and sugar to taste.

Sauce II: mix grated horseradish with sour cream and beaten egg yolks, add salt to taste and heat before serving.

Sauce without sour cream: put butter into boiling broth (1 cup) and pour over grated horseradish. Add salt to taste.

One of the above sauces is poured over the sliced meat, and the meat is put into a hot oven for a few minutes. Serve with boiled or fried potatoes.



VEAL

The tastiest meat comes from a 2 to 6 week old calf. For a roast, cutlets or roulade use loin and leg section of the animal; neck, breast, shanks are used for ground meat; head and feet for aspic.

VEAL ROAST VERŠIENOS KEPSNYS

Wash and dry leg of veal (the leg may be boned), rub with flour and pepper, brush with butter, place into a roasting pan, add a little water. Roast in hot oven. When browned, sprinkle with finely chopped soup greens, add salt and continue roasting, basting with pan juices, until meat is tender when pricked with a fork.

Veal roast is served the same as beef roast. Side dishes include boiled or roasted potatoes, braised carrots, peas, pickles, cabbage, lettuce, squash, etc. Sauce is the same as for beef roast.

Note: If a fatter roast is desired, strips of bacon should be inserted into the meat. Eight oz. of bacon should be used for a leg of veal. The veal roast prepared in this way may be eaten hot or cold.

VEAL CUTLETS

VERŠIENOS PIAUSNIAI

2 lbs. tender veal (leg)
2 eggs

3 tablespoons bread crumbs
Salt, pepper

Tender meat without membranes or ligaments is cut into one finger thick oblong pieces. Pound the meat carefully, sprinkle with salt and pepper, dip in beaten eggs, then cover with bread crumbs and fry in hot fat until golden. When all the meat pieces are done, place in roasting dish, cover, and put in hot oven for 10 to 15 min.

The cutlets are served with a slice of lemon placed on each piece of meat. Side dishes are potatoes, green peas, beans, cucumbers, etc.

Cutlets may also be served with eggs. Prepared cutlets are arranged on a platter and each is topped by an egg, fried in butter. Side dishes are the same as above.

INDIVIDUAL VEAL MEAT LOAVES

VERŠIENOS MALTINIAI

2 lbs. tender veal
2 egg yolks
2 oz. butter

½ cup bread crumbs
Salt, pepper

Remove membranes and ligaments from meat. Grind meat twice, add beaten butter, bread crumbs and egg yolks beaten with a bit of salt. Mix all ingredients well. Shape into individual, round meat loaves and brown in a frying pan in hot fat.

Pour pan drippings into a heavy pot, add meat loaves and some hot water, close pot tightly and braise.

Serve with potatoes, carrots, etc. Gravy may be made from pan drippings, or a tomato sauce may be used.

VEAL BRAIN CROQUETTES

SMEGENŲ MALTINIAI

1 veal brain	½ cup bread crumbs
1 egg	Salt
2 oz. butter	

Remove membrane from brain and soak the brain in cold water. Remove, and place into a pot of boiling water with vinegar. When it comes to a boil, take the brain out and cool. Add beaten butter, bread crumbs, salt and egg and beat well. Form into small croquettes, sprinkle with bread crumbs, and fry in a frying pan in hot fat.

These are served with fried potatoes and a salad.

FRIED BRAINS WITH GRAVY

KEPTOS SMEGENYS SU PADAŽU

2 veal brains	½ cup bread crumbs
2 eggs	Salt, pepper
2 oz. butter	

Soak brains in cold water 2 hours, changing the water several times, to soak off the blood, remove membranes, and place into a pot of boiling water with vinegar and spices. Do not bring to a boil; remove the pot from the heat and let the brains stand in hot water 10 min. Remove into colander and cool. Slice the brains, sprinkle each piece with salt and pepper and bread crumbs. Dip in beaten eggs and sprinkle with bread crumbs. Saute in butter. Serve with a non-spicy gravy and vegetables.

BOILED BREAST OF VEAL

VIRTAS VERSIO KRŪTINKAULIS

4 lbs. breast of veal	½ lb. rice
2 oz. butter	Soup greens
1 onion	Salt

Wash the meat, put into a pot of boiling water, add soup greens and spices and simmer over a low heat. Cook rice separately with butter and 4 cups of water.

When meat is done, slice lengthwise along the bones, place into a serving dish, with rice on both sides of the meat, pour white sauce over the meat and serve.

Breast of veal may also be browned after boiling.

BREAST OF VEAL STUFFED WITH LIVER KEPENĖLĖMIS ĮDARYTA VERSIENOS ŠONINĖ

3-4 lbs. breast of veal	2 oz. butter
1 lb. liver	1 egg
8 oz. fresh bacon	Soup greens
2 onions	Salt, pepper

Using a sharp knife, make a pocket between bones and meat. Stuff this pocket with liver stuffing.

Cut liver into small pieces and place into a pot. Add chopped onion, some leeks, salt and pepper, bacon cut into small pieces, cover with water and braise. Cool, and grind 3 time in a meat grinder. Beat in the egg and add a bit of milk or cream. Mix well, stuff the meat with the mixture, sew up the pocket and roast, basting with butter and broth, the same as a ham.

Carve into pieces along the bones and serve with various vegetables. Pan drippings may be used for a gravy.

Another method:

2-3 lbs. breast of veal	2 oz. butter
1 lb. veal	3 tablespoons bread crumbs
1 onion	Salt and pepper
2 egg yolks	

Prepare the meat as above and stuff with the following stuffing: grind veal with the bread crumbs, add chopped onion sauteed in butter, salt, pepper, beaten egg yolks and butter. Mix well, stuff the meat, sew up the pocket and roast. Serve the same as breast of veal stuffed with liver.

BRAISED CALVES' LIVER

TROŠKINTOS VERŠIO KEPENYS

1 calves' liver	1 carrot, celery
4 cups milk	1 tablespoon flour
8 oz. fresh bacon	½ cup sour cream
1 oz. butter	Salt, pepper
1 onion	

Remove membranes from liver and soak in milk about 2 hours. Slice into ⅓ in. thick pieces, scald with boiling water or scalded milk. When white, sprinkle with flour and brown.

In a heavy pot put onion, pepper, celery; add broth and simmer. Strain the broth, add browned liver and braise. Add flour and finely chopped fried bacon. When done, stir in the cream, heat, and serve with mashed potatoes, pickles, sauerkraut or a salad.

Another method:

Wash the liver, remove membranes, slice into ⅓ in. thick oblong pieces and cover with cold water. When soaked, remove and cover with boiling water. Stir, and let stand until liver whitens. Then remove from water, sprinkle with flour and brown on both sides in hot fat.

Pour some butter into a heavy pot, add liver and some boiling water or broth, cover tightly and braise about 10 min.

Serve as above, or with braised carrots.

DEEP-FRIED STUFFED VEAL CROQUETTES

VERŠIENOS KUKULIAI PYRAGO GABALIUKUOSE

2 lbs. tender veal	½ lb. white bread
4 oz. fresh bacon	Salt, pepper, broth
2 eggs	

Stuffing:

1 tablespoon flour	1 egg yolk
1 oz. butter	½ lb. veal tongue
1 cup milk	Salt
1 cup cooked fresh mushrooms	

Cut meat into pieces, add bacon and grind twice. Add salt, pepper, egg, some broth and mix until mixture is solid. Instead of bacon, butter beaten until fluffy may be used. Divide mixture into croquette-sized parts; flatten each portion, place some stuffing on each piece and seal, forming round balls. Dip each croquette into beaten egg and sprinkle with coarsely chopped bread. Deep-fry in a large amount of fat. Heat fat in a wide dish, add croquettes (so that they float freely in the fat), fry until surface bread crumbs are of a golden color. Remove croquettes from the fat and place into the oven for a few minutes, to finish cooking.

To serve place croquettes into a heated serving dish, pour melted butter over them, place roasted potatoes or potato croquettes around them.

Stuffing: Saute flour in butter, stir in milk a little at a time so that no lumps will form, simmer 20 min. Add cooked, sauteed in butter, mushrooms, pieces of cooked tongue, salt, dash of sugar, mix and use to stuff croquettes. One egg yolk may be added to the stuffing. The stuffing must be thick.



LAMB

The best meat comes from two-year old sheep because it is tender; the lard dissolves at lower temperature, therefore, the organism can use it better. The fatter the lamb is, the better is the quality of the meat supposed to be. The meat of mature sheep has a distinctive odor, which is less apparent in the meat of young animals. To tenderize and improve the taste of the meat, lamb is often marinated before roasting or braising.

Lamb loin and leg are used for roasting. Brisket, shank and breast are used for boiling, braising, chopped meat dishes, sometimes also for roasting. The neck is used for soups.

LAMB ROAST

KEPTA AVIENA

For roasting select a muscular piece of meat. The best roast is made from the hind legs of a lamb. The meat must come from an animal slaughtered 2-3 days before, since such meat will be more tender.

Remove membranes from the meat, trim it and marinate to lessen the distinctive lamb odor, which does not appeal to some people. Sprinkle with a mixture of spices: pepper, crushed bay leaves, juniper berries, sliced onion, carrots, and cover with water containing vinegar. Remove from marinade after 3-4 hours, dry, pound, rub with salt, and with garlic if desired, brush with melted butter. Put in roasting pan, fat side up, add a few tablespoons of boiling water and roast in a hot oven. When surface is browned, baste often with water and pan juices. It is even better to baste a few times with cream, thus the meat becomes tastier and more tender. Prick the roast several times with a fork while roasting to make the meat cook evenly. If, when pricked, no pink juice appears, the meat is done. Roasting time depends on the age of the animal; the older the animal, the longer the meat will roast.

When done, let meat stand 10 min., then carve into thin slices, arrange in a serving dish, pour pan juices over it, and serve. Roast potatoes, cauliflower, lettuce, cucumbers and pickles, red beets, etc. are suggested side dishes.

Lamb is served hot.

BRAISED LAMB

TROŠKINTA AVIENA

Remove membranes from meat, wash, dry, pound the meat and cut into small pieces. Rub with salt and garlic. Brown in hot fat, in a Dutch oven, cover with boiling water, add sliced onion, carrot, bay leaves, dash of pepper. Cover tightly and braise until meat is tender. When done, stir in $\frac{1}{2}$ cup of sour cream.

To serve, slice attractively; use braising liquid for gravy. Potatoes and red beets go well with this dish.

LAMB CROQUETTES WITH VEGETABLES TROŠKINTI MALTINIAI SU DARŽOVĖMIS.

2 lbs. lamb	2 oz. fat or oil
3 eggs	2 lbs. potatoes
1 cup bread crumbs	2 lbs. carrots
1 onion	1 cup sour cream
2 oz. butter	Salt, pepper

Remove membranes and ligaments from meat; grind or finely chop the meat. Saute chopped onion in butter; beat two egg yolks with a pinch of salt. Mix onion and yolks with chopped meat, add bread crumbs, pepper, salt and mix well. Form small croquettes, dip in beaten egg, sprinkle with bread crumbs and fry in hot fat until browned.

Cut peeled potatoes into attractive slices, cover with boiling water, let stand until potatoes become transparent. Grate peeled carrots coarsely. Put layers of vegetables and croquettes into a greased casserole dish, starting and ending with a layer of either carrots or potatoes. Dot with butter and braise in hot oven until the vegetables are tender. When done, add the sour cream, heat but do not boil.

Serve in the casserole dish.

BOILED LAMB VIRTA AVIENA

3 lbs. lamb	2 bay leaves
2 onions	6 peppercorns
2 carrots	Salt

For boiling choose lamb containing bones. Ribs are best. Cut meat into pieces and simmer in a vegetable broth.

Meat is placed into boiling broth and simmered until tender; do not overcook, because then the meat loses its taste. When done, cut into small pieces and place into a serving dish: meat on one side, potatoes on the other

side. An onion sauce may be served separately.

Boiled lamb may be served with rice, cooked in lamb broth; boiled macaroni, green beans, buckwheat groats.



WILD RABBIT

The meat of a wild rabbit is best from November to February. At this time the meat is juicy and fat, and the rabbits are fully grown.

The meat of a freshly killed rabbit is not yet ready to eat, because the muscles are hardened and it has a strong odor. The rabbit must be prepared in the following manner: keep the rabbit in a cool place for several days. Clean the rabbit first, because the meat will start to rot if the rabbit is left uncleaned. Then hang by the hind legs in a cold, ventilated place. In cold weather it may be kept that way up to two weeks, but if the weather is mild, it should be kept only a few days.

Skin the rabbit before using, beginning with the hind legs; chop off head and feet, remove membranes, wash very well with cold water, don't leave any bleeding places. Sprinkle rabbit with chopped soup greens, coarsely grated carrot, juniper berries; cover with vinegar marinade; cover and let stand in a cold place. After several hours, or even 24 hours, it is removed from the marinade and is ready to use.

ROASTED WILD RABBIT KEPTAS ZUIKIS

The back, and the hind legs of the rabbit make the best roast. The meat of the rabbit, prepared as described above, is rubbed with salt, and pieces of bacon are inserted in it. Brush with butter and roast in hot oven. Add soup

greens and baste frequently with pan juices.

When meat is tender, add $\frac{1}{2}$ cup beaten sour cream and heat. A rabbit's roasting time is approximately 1 $\frac{1}{2}$ hours.

Serve with roasted potatoes and braised red beets. Pan juices may be used for the gravy.

If more gravy is desired, grind cooked liver of the rabbit, mix with flour sauteed in butter ($\frac{1}{2}$ tablespoon of flour). Mix well, dilute with broth and add to the gravy.

BRAISED WILD RABBIT

TROŠKINTAS ZUIKIS

Prepared and marinated rabbit is dried, cut into pieces, oblong strips of bacon are inserted in the meat. Rub the meat with salt, brown the pieces in a frying pan. Place in a heavy pot together with 2 oz. butter, bay leaves, peppercorns, parsley, carrots; add boiling water to cover; cover the pot tightly and braise until the meat is tender. When done, stir in $\frac{1}{2}$ cup sour cream and the juice of $\frac{1}{2}$ lemon.

Put meat in serving dish and pour strained braising liquid over it. Side dishes can include braised red beets (without sour cream), roasted potatoes, or cranberry sauce.



RABBIT

Rabbit, raised for food, has white, easily digested and good tasting meat. A freshly killed rabbit should be kept 1-2 days before eating, so that the meat is tastier and softer. If the rabbit is used immediately, it must be marinated for several hours.

BOILED, BROWNE RABBIT

VIRTA APKEPINTA TRIUŠIENA

2 lbs. rabbit	2 oz. butter
1 carrot	3 tablespoons sour cream
1 onion	Salt

Wash rabbit and cut into pieces. Place into boiling water with vegetables and spices, and simmer. Add salt when done.

When done, remove the meat from broth and brown in hot butter. Place in serving dish. Mix pan drippings with sour cream and pour over the meat. This is served with fried potatoes and cranberry sauce.

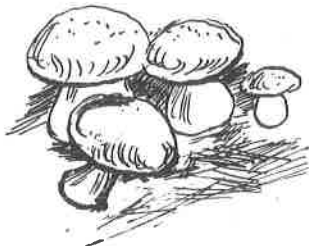
BRAISED RABBIT

TROŠKINTA TRIUŠIENA

Wash, dry the meat and cut into pieces. Sprinkle with salt and pepper. Sprinkle with bread crumbs, brown each piece in hot fat. Place into a heavy pot, sprinkle with chopped soup greens, sauteed in fat. Pour hot water or broth to half-cover the meat, cover the pot tightly and braise. When done, stir in some sour cream and add salt to taste. Instead of sour cream, more fat may be used.

Before braising, insert thin bacon strips into the meat of the legs and the back of the rabbit; brown in hot fat, and then braise.

Braised rabbit should be served with boiled potatoes. They are arranged on a platter next to the meat. Cranberry sauce or a salad is served separately.



POULTRY

Poultry is tasty, easily digestible meat containing many full-value proteins. Poultry fat dissolves at a low temperature, therefore, it is easily assimilated into the organism. Some poultry (goose or duck) contains up to 45-55% fat.

The quality of poultry depends on the bird's age, breed and feeding. The meat of young fowl is softer, juicier, and easier digested, but it has less fats and mineral matter. It requires a short roasting time. The meat of older fowl is tougher, has more connective tissue, mineral and extractive matter. It requires lengthy boiling or braising. Delicious and nourishing soups can be made using this type of poultry.

Poultry consists of the meat of both domestic and game birds. Most used domestic birds include chickens, geese, ducks and turkeys; game birds are partridges, heath-cocks, wild geese, wild ducks and other smaller birds.

PREPARATION OF POULTRY

To prepare domestic birds for eating — roast, fry, braise or boil them. Game birds are usually roasted; sometimes they can be braised.

Frying chickens are either roasted or braised; they are not boiled. Chickens and turkeys up to 1 - 1 ½ years old may be roasted or braised; if they are older, they must be braised or boiled. Cocks may be roasted up to 10 months old; older ones are braised or boiled. Chicken meat is softer and juicier. Ducks and geese are roasted if young; older ones are braised and boiled.

ROASTING

Wash the fowl to be roasted in either cold or warm water. If the meat is wet, it should be dried, since dry meat heats faster, and browns better. If the fowl will be

served uncarved, consideration must be given to its shape. Before roasting tie the wings and the legs.

Some of the fat is removed from very fat fowl before roasting. Lean birds are brushed with fat (butter is best) or thin strips may be tied around them.

Thus prepared, the bird is then put into a roasting pan and roasted until browned on all sides. Then add one cup of hot water or broth, one sliced carrot, parsley, a couple of peppercorns, lower the heat and continue roasting, basting every 10 to 15 minutes with the pan juices. Cover the pan so that the bird will not burn.

When fat birds are roasted, much of the fat melts. Remove most of the fat from the roasting pan, leaving just enough for basting and gravy. Otherwise this fat will begin to burn.

Young chickens are roasted 30 to 40 minutes; chickens and ducks take 1 to 1 ½ hours; turkeys and geese 2 to 2 ½ hours. If, when a bone is touched, the meat springs back, the roast is done.

BRAISING

Poultry is usually braised cut up into pieces, boned or unboned. The bottom of a pot is covered either by thin slices of bacon or soup greens so that the meat will not stick to the pot. Then meat is placed into the pot, together with spices and water, sufficient to cover the meat. The pot is covered tightly and the bird is braised over low heat. It is best to use a heavy pot for this process.

Braised poultry is served with a gravy. A salad is served separately. Side dishes may be put on the same platter with the meat, or into separate serving dishes.

BOILING

If a better-tasting broth is desired, cut-up fowl is placed into cold water. If the preference is for better-tasting meat, the fowl should not be cut up; just cut the bird in halves and put it into boiling water. The surface of the meat contracts quickly from the heat, and the juices

remain in the meat instead of dissolving into the broth.

Poultry boiled in broth is served with various sauces, vegetable or cereal side dishes, salads, etc. Soups from the broth may be made using vegetables, cereal products, fruit; they may be creamed, clear or "juka" (a Lithuanian soup, best made with goose or duck blood).



CARVING OF POULTRY

Hot roast fowl is served carved. Only young chickens and small game bird roasts are served uncarved. Usually, chickens are cut into 8 to 10 parts, geese into 12 parts, and turkeys into up to 24 parts. Fowl must be carved using a sharp knife, chopping the bones with a cleaver. Poultry may be most attractively carved using special poultry shears.

When carving, first remove drumsticks and wings, then cut the sides of the fowl lengthwise dividing it into breast and back halves. These two parts should then be cut up into equal pieces, taking care not to mix them up.

Putting the fowl on a serving platter, arrange the pieces in such a way that the bird looks uncarved. First, place the back parts on the platter (skin side up). Using a food served with the fowl (such as stuffing) form a mound under the back pieces. Place the breast pieces on top, in the same order as they were in the bird. Put wings and drumsticks in the appropriate places at the sides. Put the meat into a medium-hot oven for a few minutes to heat it. Before serving, pour on some melted butter, garnish with parsley, and place hot side dishes around the meat.

Salads and cold side dishes are served in separate serving dishes.

Roast poultry may also be served more simply by putting the pieces in rows on the serving platter and arranging the hot side dishes on both sides of the meat.

CHICKEN

ROAST CHICKEN

KEPTA VIŠTA

Rub chicken inside and outside with onion and salt; if the chicken is lean, brush with butter. Fold the wings under, tie the legs. When browned, add one cup hot broth or water and baste every 10 min. Add cut up carrots and aromatic pepper. When browned, cover the roasting pan and continue roasting until done.

When done, carve into pieces and serve with the pan juices.

Roasted or fried potatoes, various salads and cranberry sauce are suggested for side dishes.

BRAISED CHICKEN

TROŠKINTA VIŠTA

Cover a halved young chicken with boiling water, add 6 of both kinds of peppercorns, onion, parsley, salt. Cover and braise over low heat. If the chicken is lean, add butter; if very fat, remove some of the fat. Braised meat and gravy should not be fat.

When done, cut up the meat, put into serving dish, pour some of the braising liquid over the chicken; (the rest of the gravy should be served in a separate dish).

The chicken pieces may be browned before braising. Also, some sour cream may be added to the chicken while braising.

Side dishes for braised chicken include various cereal dishes, braised vegetables, noodles, potatoes and salads.

1. Wash and drain 1 cup of buckwheat groats, barley or rice. Heat 1 tablespoon of butter in a braising dish, add the cereal, and, mixing constantly with a wooden spoon, saute for 5 minutes. Add 3 cups of milk or water, cover the dish, and continue cooking in the oven. When serving the chicken, surround the meat on the serving platter with the cooked cereal. Braised prunes may be used as a garnish.

II. Cook broad egg noodles in salted water, drain, arrange around the chicken. Pour chicken braising liquid or melted butter over them.

III. Clean and dice carrots, add water to cover and braise. When almost done, place potatoes, cut up into small pieces, on top of the carrots, add salt, cover, and continue to braise until done. When done, shake, and add either 1 tablespoon of butter mixed with 1 teaspoon of flour, or pour chicken braising liquid over the vegetables. Various vegetable mixtures may be served; peas, alone or with carrots, turnip, cauliflower, etc.

BOILED CHICKEN

SRIUBOJE VIRTĀ VIŠTIENA

Boiled chicken is served the same as braised chicken, with a white gravy.

White gravy: saute 2 tablespoons of flour in 1 tablespoon of butter. Mixing constantly, add $\frac{1}{2}$ cup chicken broth, add salt and pepper to taste, and simmer. Mix in $\frac{1}{2}$ cup of sour cream and heat, but do not boil.

BROWNE D YOUNG CHICKEN

APKEPTAS VIŠČIUKAS

Clean the chicken, cut into 4 parts, put into boiling vegetable broth and simmer 15 to 20 minutes, until meat is tender. Sprinkle boiled quarters with flour, dip in beaten egg, roll in bread crumbs and saute in butter.

To serve, put in serving dish and pour melted butter over the pieces. Cooked green peas, braised carrots and fried potatoes are suggested side dishes.

ROAST STUFFED YOUNG CHICKEN

KEPTAS ĮDARYTAS VIŠČIUKAS

Stuffing I:

3 tablespoons bread crumbs
1 egg yolk
1 tablespoon melted butter

2 tablespoons milk or cream
Salt, pepper, dill

Mix all ingredients well, add beaten egg yolk, mix lightly. Stuff chicken with the mixture and sew up. Brush with melted butter, sprinkle with bread crumbs, fold the wings, tie the legs, and place into a roasting dish. Roast in the oven. If the chicken is lean, add more butter while roasting. When browned, baste with a few tablespoons of broth or water. Cover the roasting pan to finish cooking.

Stuffing II:

Chicken liver, heart, gizzard	2 tablespoons broth or water
1 egg yolk	1 onion
3 tablespoons bread crumbs	Salt, pepper, dill
2 tablespoons melted butter	

Crush the liver, cut heart and gizzard into small strips, add all other ingredients and mix well. Fold in egg white. Stuff chicken with mixture, sew up cavity.

Roast the chicken. Chicken prepared in this way may also be braised.

Small chickens are served whole, larger ones are halved or quartered. If they are stuffed, the stuffing is left in each piece, attractively shaped. Pour pan juices over the chicken pieces so that they will be juicier.

Serve with fried potatoes, young braised carrots, peas, fresh cucumber or lettuce salad, cranberry sauce, or marinated berries or fruit.

CHICKEN CROQUETTES

VIŠTIENOS MALTINIAI

1 ½ lb. chicken without the skin	1 heaping tablespoon butter
1 cup bread crumbs	2 tablespoons milk
1 egg	Salt, pepper, onion

Grind the meat from breasts, thighs, together with bread crumbs, add egg, salt, beaten butter and mix. If necessary, add milk or broth. Shape into croquettes. Roll them in bread crumbs and saute in butter. Then place them into the oven for 10 minutes to finish cooking.

To serve, place on a platter and pour melted butter over the croquettes. Serve with hot peas, fried potatoes, mashed potatoes or rice.

Side dishes are lettuce salad, marinated fruit, or cranberry sauce.

CHICEKN ROULADE VIŠTIENOS VYNIOTINIS

1 chicken	2 onions
1 egg	1 liver, gizzard, heart
½ cup bread crumbs	2 tablespoons butter or chicken fat
2-3 tablespoons milk or broth	Salt, pepper, dill

Remove membrane from liver and mash with a wooden spoon. Saute finely chopped onion in butter (if the chicken is fat, remove the fat and use instead of butter), add to liver; add egg yolk, bread crumbs, milk or broth, seasonings and dill, mix well. When mixed, add gizzard and heart cut into small strips, fold in beaten egg white.

Cut chicken lengthwise through breast or back, remove bones from meat, sprinkle meat with salt. Spread meat out in a layer, spread with prepared stuffing. Roll up so that the stuffing is inside the roll, and tie up. Wrap in cheesecloth or waxed paper, tie with thread and roast or braise.

While roasting, baste frequently with pan juices. When done, remove from oven and keep basting until cooled. When cool, press and put in a cold place.

Roulade is served cold. Remove thread, slice into thin slices and put on a platter.

Serve with sliced tomatoes with onion and oil, or fresh cucumbers with oil.

Another stuffing for roulade is made using the following:

2 tablespoons milk or broth	½ lb. good quality veal
2 tablespoons butter	1 egg
Liver, heart and gizzard	1 tablespoon bread crumbs
Salt, pepper	2 onions

Prepare the same as the first method.

TURKEY

I. Rub prepared turkey with salt. Stuff with prunes and sew up cavity. Prunes should be washed and dried. Apples may be used instead of prunes.

II. Turkeys may be stuffed with a stuffing made with turkey liver and various other ingredients. The stuffing is made the same as for chickens, proportionally increasing the amount. Turkey is roasted and basted the same as chicken. Length of roasting is 2 to 2 ½ hours, depending on size. It is carved before serving, garnished with prunes, and basted with pan juices.

Served with roasted potatoes, tomatoes or cucumbers with oil, lettuce, with oil dressing, cranberry sauce.



GOOSE AND DUCK

ROAST GOOSE OR DUCK WITH APPLES KEPTA ŽĄSIS ARBA ANTIS SU OBUOLIAIS

Wash medium sweet-sour apples, dry, core. Stuff goose or duck with prepared apples, sew up cavity. Cut off wings and legs. Roast until browned. Then add 1 to 1 ½ cup water and roast in a covered pan basting constantly. If more apples are desired, they should be baked separately. To give them a better taste, baste the apples with pan juices of the roast fowl.

Roasting time for a goose is about two hours. It is eaten either hot or cold. Carve just before serving; place into serving dish, put apples around the meat, pour pan gravy over the meat.

ROAST GOOSE OR DUCK WITH SAUERKRAUT **KEPTA ŽĄSIS ARBA ANTIS SU KOPŪSTAIS**

Use about two lbs. of sauerkraut per goose. If the sauerkraut is too tart, wash; put into a pot, add boiling water to half-cover. Add chopped onion sauteed in fat, 3 peppercorns, 3 aromatic peppercorns, salt. Cover and braise. Stir, so that the sauerkraut does not stick to the bottom of the pot. When done, stuff goose with the sauerkraut. Roast as in above recipe.

Roast goose or duck with sauerkraut is served hot. Carve, arrange pieces of meat on a platter. Put the sauerkraut on one side of the meat, fried potatoes on the other.

It is advisable to rub a goose or duck, inside and outside, with salt and onion the night before roasting. Wash and dry before roasting.

GOOSE OR DUCK ASPIC **ŽĄSIENOS ARBA ANTIENOS DREBUTIENA**

Use goose or duck neck, head, legs, wings and gizzard. If there is insufficient poultry meat, add some veal with bones. Put chopped bones on the bottom of the pot, put meat on top of the bones, add cold water to cover. Bring to a boil; skim off any foam that forms on top of the broth. Then add some peppercorns, a bay leaf, 2 carrots, parsley, leek, salt; cover the pot and simmer over low heat. Do not stir. When meat is soft, remove, bone, and cut meat into pieces. Continue cooking the bones to soften cartilage. Skim the fat off the broth and strain. Garnish the bottom of a deep bowl with carrot slices, cooked in the broth), parsley leaves, slices of hard boiled egg. Carefully put the meat pieces on top, and pour broth into the bowl slowly. Chill. Before serving unmold on plate.

Served with vinegar, horseradish or mustard. May be eaten with black or white bread, but tastes best with hot potatoes.

POULTRY LIVER

Liver contains a large quantity of iron, vitamins and other valuable elements, which are very necessary for growing children, mothers and anemic people. There are more vitamins in raw liver. Therefore, it should be eaten raw. However, that is unpleasant for someone who is not used to it. One must get used to this kind of food.

Poultry liver tastes best, it should be served to children. Liver may be served to babies from 8 months old on. At first, serve 1 to 2 teaspoons boiled, mashed liver. Later the portion may be increased.

LIVER FOR CHILDREN KEPENĖLĖS VAIKAMS

I. Wash liver, and put into boiling water. Simmer 10 min., mash well and mix into mashed vegetables.

II. For a child who is used to eating liver, it is cooked in boiling water for 5 min. Serve as above.

III. Very fresh liver is placed into hot water; heat 10 min., mash and stir into mashed vegetables.

LIVER LOAF MALTAS KEPENĖLIŲ KEPSNELIS

Cut poultry liver in half and soak in milk 1 to 2 hours. Heat 1 cup of milk, put liver into it and heat 10 min. Remove and mash thoroughly. Add one egg yolk, 2 tablespoons bread crumbs, 3 to 4 tablespoons milk, some flour, 1 tablespoon melted butter. Beat the mixture until fluffy. Fold in beaten egg white. Grease small baking dish, sprinkle with bread crumbs. Spoon in prepared mixture, and bake in a medium oven (350°) for 5 min.

Liver croquettes may also be made using above mixture.

If this dish will be served to an adult, some pepper and sauteed onion may be added to the mixture; bake or fry in poultry fat.

Quick method: cut liver in half lengthwise, pound a little using a knife, sprinkle with salt and bread crumbs, saute briefly in hot fat.

STUFFED GOOSE NECK

ĮDARYTAS ŽĄSIES KAKLAS

1 goose neck	1 tablespoon bread crumbs
1 cup barley	Goose fat
1 liver, gizzard	Salt, pepper
½ onion	

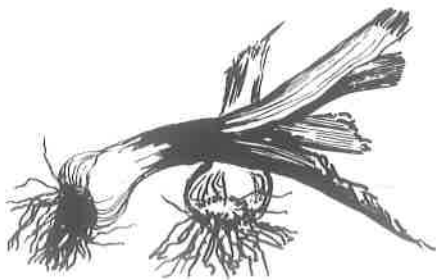
Remove skin from neck, stuff with barley stuffing, sew up both ends, braise or roast.

Goose neck may be stuffed without cutting it from the goose. Make a slit in the skin at the base of the neck, chop through neck bone and remove it. Stuff neck skin, sew up and roast together with the goose.

Before serving, cut neck into slices and baste with pan drippings.

Stuffing: cover barley with boiling fat broth or hot water. Let stand to soak. Add cut-up sauteed liver, gizzard, onion, goose fat, salt and pepper. Mix well, dilute with broth so that the mixture would not be stiff, and stuff the goose neck.

Instead of barley stuffing, the goose neck may be stuffed with grated potato stuffing: grate 3 to 4 cleaned raw potatoes, add onion sauteed in goose fat, salt and mix well.



GAME BIRDS

Game birds are divided into large and small categories. Large game birds include wild geese, ducks, grouse, blackcock, partridges, hazel-hens. Small game birds are jack-snipes, woodcocks, quail, etc.

Game bird meat is darker and leaner, than that of domestic birds, but it has more extractive materials. A game bird should be kept uncleaned in a cold place 1 to 2 days after it is killed, to make the meat tastier.

Game birds taste better roasted. Small birds are roasted in a covered dish, because then their meat is juicier and more aromatic. Small birds may be wrapped in thin slices of bacon before roasting, or thin bacon strips may be inserted into the meat of the breast and legs. Before this is done the bird should be soaked in hot water for a short time.

BRAISED WILD DUCK OR GOOSE TROŠKINTA LAUKINĖ ANTIS ARBA ŽASIS

1 wild duck or goose	1 tablespoon butter
6 aromatic peppers	5 dried mushrooms
6 peppercorns	1 cup sour cream
½ teaspoon marjoram	Salt, broth
2 onions	

Clean duck, rub with salt, cut into pieces, brown in butter, or roast whole in oven until browned. Then put all spices, parboiled mushrooms into a roasting dish; add 1 cup broth, stir in sour cream and put in pieces of duck. Cover and braise in oven. The use of dried mushrooms and sour cream in this recipe is optional.

Serve with broad egg noodles, basted with butter and sprinkle with grated cheese. Suggested side dishes include cole slaw, marinated fruit, baked or pickled apples.

Braise wild goose in the same manner.

ROAST WILD DUCK OR GOOSE

KEPTA LAUKINĖ ANTIS ARBA ŽĄSIS

Clean and wash duck; fry, rub with salt, pepper, grated nutmeg, caraway, chopped parsley leaves and let stand $\frac{1}{2}$ hour. The spices remove a specific, not very pleasant odor from the game bird.

Roast prepared duck, basting often with pan juices. If there is too little juice, add hot water or broth. The duck roasts about one hour.

Serve with roasted potatoes, braised cabbage, or baked apples.

PARTRIDGES WITH SOUR CREAM

KURAPKOS SU GRIETINE

Clean partridges, dip for one minute into boiling water. Remove, rub with salt. Insert thin bacon strips into the meat of breast and legs, saute in butter on all sides until golden. Place into roasting pan, sprinkle with flavoring vegetables, parboiled mushrooms, add two cups of broth, cover and braise in oven. When done, stir in sour cream.

Serve with roasted potatoes and cranberry sauce.

Various salads with oil dressing may also be served.

STUFFED PARTRIDGES

ĮDARYTOS KURAPKOS

3 partridges	1 tablespoon flour
$\frac{1}{2}$ lb. good quality veal	$\frac{1}{2}$ lb. butter
1 onion	Soup greens
1 tablespoon bread crumbs	Salt, pepper
2 egg yolks	

Grind veal in meat grinder, add onion sauteed in butter, bread crumbs, pepper, salt, and mix well. Stuff partridges with the mixture, sew up, brush with butter, put

into a roasting dish and roast until browned. When browned, add one cup hot broth or water, sprinkle with soup greens, cover and braise about 30 min. Cut partridges in half lengthwise. Strain pan gravy, add flour and bring to a boil. Serve with roasted potatoes, basted with the gravy. If gravy is not desired, baste with melted butter.

Side dishes: tomato or fresh cucumber salad with oil, marinated plums, marinated squash, etc.



FISH

Fish is rich in protein. The quantity of protein in fish is equal to that of any other meat. Fish protein is digested more easily than that of animals. Some fish are sufficiently fat (for instance eel); such fish are especially valuable food.

Fish must be fresh. It is best to buy live fish, but it is not always available. Live fish is much more expensive. Decay bacteria and poison which may be fatal, multiplies quickly in a dead fish. Therefore, examine a fish carefully before buying, and if possible, buy only live or very recently killed fish. If the fish must be kept even 12 hours, it must be cleaned (but not washed), its inside is rubbed with salt and the fish is kept in a cold place.

To see if the fish is fresh, look first at the gills; if they are red, the fish is fresh, if dark or white, the fish is not fresh and unfit to eat. The eyes must be light-colored and full, not dried out. Skin must be hard. If, when cut open, the bones spring away from the meat, the fish is unfit to eat.

In preparing the fish, the scales must be removed first, starting from the head. Put the fish on a cutting board, hold with left hand, clean with the right hand

using a knife or a special utensil for the scaling of fish. The scales of some fish (for instance, perch) are hard to remove; such fish should be put into boiling water for a short time, then it is much easier to clean them. Some slippery fish must be peeled. In peeling fish, cut skin around the head, start to peel off slightly, then grasp the skin using a piece of cheesecloth, so that it will not slip out of the fingers, slip the skin off the whole fish. The top layer of skin must be removed from the flounder, because it is tough and horny. Very often the same is true for pike, especially if this fish is to be stuffed.

When the skin is removed, dress the fish. If the whole fish is to be boiled, make a small slit under the head and carefully remove the entrails. If the fish is to be ground, or cut into pieces, slit its stomach and clean out. When cleaned, the fish must be washed thoroughly in several changes of water, so that no blood remains. Thus prepared, the fish may be cooked in various ways.

Fish may be boiled, fried or baked. Many delicious dishes can be made from chopped fish.

Fish containing many bones are more suitable for boiling, while those containing less bones may be baked. When boiling fish, use less spices than for meat, so that they may not spoil the delicate taste of the fish. If small fish or fish pieces are boiled, they must be put into boiling water or fish broth. Large, whole fish should be put into cold water, then they cook better and retain their taste. Boil the fish not less than $\frac{1}{2}$ hour. If the fish are very small, boiling time may be shorter. Larger fish should be cooked 1 hour, and sometimes, depending on size, even longer. It is advisable to cook the fish a longer time because the meat of some fish (pike, trout) sometimes contains embryos of worms or tapeworms. These may infect the eater. Of course, do not let the fish fall apart from overcooking. So that the fish will not burst while cooking (if the skin bursts, the meat bursts also), cut a small slit into the back. Fish usually burst from vigorous boiling, therefore, boil them over a low heat; cooking may also be regulated by adding cold water.

If a fish is boiled often, it is advisable to obtain a special fish cooker. Such a dish is oblong and contains a

colander; it has two bottoms (one has small holes and is removable), therefore, the fish is easily removed when done, cooking can be controlled easily to avoid overcooking. Also, a fairly long fish can be cooked whole in this kind of dish. The larger the fish, the better it looks.

The simplest and fastest preparation of fish is frying. To fry, select smaller fish, with few bones.

Clean fish, sprinkle with salt and let stand about 1 hour. Then sprinkle with flour, dip in beaten egg, roll in flour. Fry in a frying pan in butter or oil. Serve hot fish basted with melted butter; cold fish is served without the butter.

BOILED PIKE WITH HOLLANDAISE SAUCE

VIRTA LYDEKA SU OLANDIŠKU PADAŽU

6-7 lbs. pike	3 bay leaves
1 lb. soup greens	12 both kinds of peppercorns
2 onions	Salt

Clean pike, remove entrails through a slit under the head, wash and rub with salt. Let stand 15-20 min. before cooking. Boil water with spices, add salt when boiling, put in pike (remove eyes and gills), cook, so that the water barely moves; if necessary add a bit of cold water at intervals. Cook until the cheeks spring away. When done, cool a little, remove carefully to an oblong platter, pour sauce over the fish, garnish with slices of lemon, parsley, and serve.

Sauce:

1 tablespoon butter	1 teaspoon sugar
1 tablespoon flour	½ lemon
4 egg yolks	Fish broth
2 tablespoons diluted vinegar	

In a small saucepan, beat the butter, mix in the flour. Add egg yolks, vinegar, sugar; slowly heat, stirring constantly. Do not let come to a boil. When well heated, add

fish broth to desired consistency; add a few slices of lemon for taste, heat again, and while hot, pour over the fish through a strainer. A salad may be served with this fish.

Other fish containing few bones (such as tench) may be served with this same sauce.

STUFFED PIKE WITH WHITE SAUCE

KIMŠTA LYDEKA SU BALTUOJU PADAŽU

2-3 lbs. pike	12 of both kinds of peppercoms
3 tablespoons bread crumbs	2 hard boiled eggs
2 tablespoons butter	Fish broth
3 onions,	

Clean the pike; cut under the head so that the backbone will be cut through, but the head still connected. Using a sharp knife remove the skin with some of the flesh and the head. If it is impossible to do this, especially with a very large fish, the head may be cut off and sewn back on before cooking. When the skin is removed (unbroken), remove remaining fish from the bones. Chop onions finely and saute in butter. Mix bread crumbs, onion and fish and grind, add finely chopped eggs, pepper, salt and mix well. While mixing, add some fish broth or water, so that the stuffing is not thick; it should be the consistency of good sour cream. Stuff the skin with the prepared stuffing, loosely, so that the fish will not burst, and sew the fish up. Bring vegetable broth to a boil in a special fish cooker, prick the fish in many places, and place into the boiling broth. If a special fish cooker is not available, the fish may be boiled in a wide bottomed pot. In this case, the fish should be wrapped in cheesecloth and sewn up, otherwise the fish may fall apart during cooking. To make the broth stronger so that it will not take out nourishing elements from the fish, add all the fishbones to the broth together with the spices. Remove gills from the head of the fish, because they spoil the taste. Add salt while cooking. Simmer over low heat about 1 hour. Cool in the pot. If removed from the pot too soon, the fish will not be juicy. To serve

remove on a platter and slice carefully (not spoiling the shape of the fish) and pour sauce over it.

Sauce:

1 tablespoon flour	2 cups broth
1 tablespoon butter	Dill
½ cup sour cream	

Saute flour in butter, add broth, simmer while stirring until it thickens. Stir in the sour cream and finely chopped dill. This sauce may also be served in a separate dish.

Stuffed pike may also be served with horseradish or mustard sauce.

PIKE IN ASPIC

LYDEKA DREBUČIUOSE

3-4 lbs. pike	Fish broth
1 ½ lb. soup greens	Gelatin
1 egg	Salt, pepper, bay leaf
1 tablespoon lemon juice	

Put all spices in cold water, bring to a boil, simmer a short time. Place pike (whole or cut into pieces) into the broth, simmer over low heat, watching so that it does not fall apart. When done, remove carefully, put into a dish to cool.

Strain the broth in which the fish cooked, pour off just enough to cover fish in serving bowl. Add vinegar or lemon juice to desired tartness, and salt to taste. Dilute the gelatin (two sheets per one cup of broth) and add to the broth. Pour prepared broth over the fish, garnish with hard boiled egg sections, thin slices of cooked carrot, and parsley leaves. Chill and serve in the same dish.

If unmolding before serving is desired, put cooked fish into a mold or other deep dish, pour a thin layer of broth on the bottom, and chill. When chilled, garnish as above, and add remaining broth. Unmold before serving.

CARP IN GRAY SAUCE

KARPIS PILKAME PADAŽE

3 lbs. carp	4 dried mushrooms
½ lb. soup greens	Lemon peel
20 both kinds of peppercorns	1 slice day-old black bread

Clean the carp; remove entrails through a slit under the head.

Put all spices into cold water and simmer for a short time. Put carp into boiling broth and cook over a low heat ½ hour.

Sauce:

1 tablespoon butter (1 oz.)	1 lemon
1 tablespoon flour	1 teaspoon sugar
1 teaspoon white wine	½ cup raisins, almonds

Saute flour in butter, stir in broth if necessary, add juice of ½ lemon, some caramel, raisins, sugar and heat. Sauce should be sweet-sour. Scald the almonds, peel, cut into strips and add to sauce. Add wine last.

Pour some of the sauce over the fish, serve the rest in a gravy boat. Garnish the carp with the rest of the lemon, cut into thin slices.

FRIED CARP

KEPTAS KARPIS

3 lbs. carp	crumbs
1 cup oil	2 lbs. potatoes
2 eggs	2 lbs. sauerkraut
2 tablespoons flour or bread	Salt, pepper

Clean the carp, bone by slitting the back, cut into pieces, sprinkle with salt, dip in beaten egg, roll in flour and fry in oil. When done, put on serving platter, pour pan drippings over it and serve. Potatoes served with fried carp are prepared as follows: cut peeled potatoes into strips, parboil in salted water, drain and saute in fat until golden. Serve on the same platter with the carp pieces.

Mix sauerkraut with a bit of oil and serve in a separate dish.

CARP WITH TOMATOES

KARPIS SU POMIDORAIS

3 lbs. carp	$\frac{1}{2}$ teaspoon flour
1 cup oil	Salt, pepper
4 tablespoons tomato paste	

Clean carp, split into halves lengthwise, cut into pieces, sprinkle with salt and pepper and let stand 10 min. Then sprinkle with flour and fry on both sides. When done, put into a pot, pour in pan drippings, add tomato paste, and braise. If necessary, add sugar, lemon juice and salt to taste. Instead of tomato paste, sour cream (1 cup) may be used. A mixture of half sour cream and half of the tomato paste may also be used. If tomato paste is not available, cut up some tomatoes, braise in butter, force through sieve and add to fish. Fish may be served with potatoes, cucumbers or lettuce.

BRAISED CRUCIANS

TROŠKINTI KAROSAI

3 lbs. crucians	10 both kinds of peppercorns
1 carrot, celery, leeks, parsley	1 $\frac{1}{2}$ cups sour cream
1 bay leaf	1 tablespoon flour
1 onion	1 oz. butter or oil

Clean crucians and sprinkle with salt. Cook vegetable broth with spices until carrots and vegetables are soft. Put fish into a pot and pour in enough of strained broth to cover them. Braise until tender. When done, put into a serving dish and keep warm. Put butter into braising liquid, mix in flour carefully so that no lumps form, stir in sour cream, heat until the sauce thickens. Add salt if necessary, and pour over the fish. Braised potatoes and a salad should be served with braised crucians.

TENCH WITH BUCKWHEAT GROATS

LYNAS SU GRIKIŲ KOŠE

3 lbs. tench	2 onions
3 cups buckwheat groats	1 tablespoon vinegar
6 dried mushrooms	10 both kinds of peppercorns
2 oz. butter or oil	2 bay leaves, salt
½ lb. soup greens	

Wash groats, cover with water, add mushrooms and some butter and cook until done. Clean the fish, cut into pieces, sprinkle with salt. Cook vegetable broth with vinegar, put fish into hot broth and cook until tender. Grease a roasting dish, put a layer of groats on the bottom, then a layer of fish, continuing until both are used up. Top layer should be groats. Dot with remaining butter and put into the oven to brown. Serve in the roasting dish. Mushroom gravy should be served separately.

FRIED TENCH WITH RED CABBAGE

KEPTAS LYNAS SU RAUDONAIŠ KOPŪSTAIŠ

3 lbs. tench	3 cloves, some cinnamon
2 oz. butter or oil	1 teaspoon sugar
3 dried mushrooms	1 cup sour cream
2 onions, celery, leeks, parsley	Bread crumbs
2 bay leaves	1 medium red cabbage
10 both kinds of peppercorns	1 egg

Clean the fish, cut into pieces, bone, sprinkle with salt. Dip each piece in beaten egg, sprinkle with bread crumbs, ground pepper, fry on both sides in hot fat. When done, put on a platter, surround with braised red cabbage.

Shred cabbage, add salt, squeeze out and cover with broth made from vegetables and mushrooms. Add butter, cover and braise. Stir so that it will not stick to the bottom of the pan. When cabbage is tender, add crushed cloves, cinnamon, sugar, and sour cream. Braise until mixture thickens. When done, add salt to taste.

Fried potatoes may be served with this dish. Serve hot.

BOILED PERCH WITH EGGS AND BUTTER

VIRTI EŠERIAI SU KIAUŠINIAIS IR SVIESTU

3 lbs. perch	2 oz. butter or oil
1 onion	3 eggs
1 carrot, celery, leeks, parsley	Potatoes
10 both kinds of peppercorns	Salt
3 bay leaves	

Clean perch and cook in vegetable broth. When done, put on serving platter, sprinkle with chopped hard-boiled eggs, baste with melted butter, and garnish with parsley leaves. Serve hot with boiled potatoes.

BOILED PERCH WITH SOUR CREAM SAUCE

VIRTI EŠERIAI SU GRIETINĖS PADAŽU

3 lbs. perch	½ cup flour
1 oz. butter	½ teaspoon grated lemon peel
1 cup sour cream	½ cup chopped scallions

Clean fish, sprinkle with salt and let stand 15 min. Put into boiling vegetable broth, simmer. When done, put on serving platter and pour sour cream sauce over the fish.

Sauce: mix melted butter with flour, dilute with 2 cups of fish broth and bring to a boil. Then stir in sour cream, lemon peel, scallions (a dash of nutmeg is optional), heat and pour over the fish. Serve with boiled potatoes.

BOILED COD

VIRTOS MENKĖS

3 lbs. cod	10 of both kinds of peppercorns
½ lb. vegetable greens	2 oz. butter
2 bay leaves	Salt

Clean the cod and cook in well-salted vegetable broth. When done, remove the bones, put on serving dish, baste with melted butter and sprinkle with finely chopped parsley leaves. Serve with boiled potatoes.

COD AND POTATO CASSEROLE

BULVĖMIS UŽKEPTOS MENKĖS

3 lbs. cod	1 lb. potatoes
3 eggs	Parsley, dill, scallions
1 oz. butter or oil	Salt
2 cups milk	

Clean fish, cut into pieces and boil in a vegetable broth. Peel potatoes, boil in salted water and slice. Grease casserole dish, put a layer of potatoes on the bottom, sprinkle with finely chopped dill, scallions and parsley; put a layer of boned pieces of fish on top of the potatoes again until both are used up. A layer of potatoes should be on top. Pour in milk with beaten eggs and fat. Put into the oven to brown. Serve in casserole dish.

SMELTS

SELIAVOS IR STINTOS

3 lbs. fish	2 eggs
2 oz. butter	Salt
½ cup flour	

These fish taste better fried. Usually these fish are small, smaller than an average herring.

Clean the fish well, rub with salt, dip in beaten eggs, roll in flour and fry in butter. They should be served with fried potatoes and a salad. Put the fish in the center of a platter and surround with the potatoes. Serve salad separately.

This fish may be eaten hot or cold.

MARINATED SMELTS

MARINUOTOS SELIAVOS IR STINTOS

Clean the fish, rub with salt, dry, sprinkle with flour and saute in butter. When done, cool, put in a deep dish and pour in vinegar marinade. Cover and let stand a few hours.

FISH CROQUETTES

ŽUVIES MALTINIAI

3 lbs. fish	½ cup milk
2 oz. butter or oil	1 onion
2 eggs	Both kinds of pepper
½ cup bread crumbs	Salt

Small fish may also be used for croquettes, but all bones must be removed. Clean fish, remove bones and skin. To make boning easier, put the fish into hot water for a short time. This sets the flesh and makes it easier to remove the bones. Grind the fish together with the bread crumbs and onion sauteed in fat. Add the eggs, pepper, salt; mix well. Form into croquettes, sprinkle with bread crumbs and fry in hot fat. Lower the heat during last part of cooking.

Serve with boiled potatoes, braised carrots or green peas, cooked with butter or sour cream. Tomato, mushroom or sour cream sauce should also be served with the croquettes.

BOILED FISH BALLS

VIRTI ŽUVIES KUKULIAI

2-3 lbs. fish	½ cup bread crumbs
1 oz. butter or oil	½ cup milk
1 onion	Salt, pepper
2 eggs	

Small fish may be used for this dish. Prepare the same kind of mixture as for croquettes, but make it a little softer. When mixed, form into balls the size of small apples. Put into boiling salted water and simmer. When done, remove from water, drain. Serve hot with tomato sauce. Side dishes are the same as for croquettes.

FRIED EEL WITH SAUCE

KEPTAS UNGURYS SU PADAŽU

3 lbs. eel	2 tablespoons bread crumbs
1 oz. butter	1 tablespoon flour
1 egg	Fish broth
1 onion	Salt, pepper, parsley
1 lemon	

Rub fresh fish with salt or remove the skin. Clean, wash, dry the fish; cut into pieces, dip in beaten egg, sprinkle with bread crumbs and fry in butter.

Saute flour in butter, add finely chopped onion, parsley; saute. Add 2 cups broth, pepper, juice of ½ lemon. Simmer; add eel pieces, bring to a boil and serve.

BOILED TROUT WITH SAUCE

VIRTAS UPĖTAKIS (FORELÉ) SU PADAŽU

Clean the fish, remove the gills, scrape out the blood near the backbone. Tie up the head with thread, put fish in colander in the fish cooker, cover with vegetable broth. Cover and simmer. When the broth boils, lower the heat and cook ½ hour. When done, remove on a cloth, remove skin from the fish and cover so that it will not get cold. To serve, place fish on a platter, arrange small boiled potatoes around the fish and sprinkle with parsley leaves. Serve hollandaise sauce separately.

Sauce:

1 oz. butter	Lemon, salt, pepper
1 cup broth	1 tablespoon flour
1 egg yolk	

Saute flour in butter until golden, add broth and salt. Raise the heat to bring to a boil, stirring constantly. Mixture will thicken. Remove from heat, mix in egg yolk beaten with lemon juice; mix well and serve immediately.

Horseradish with vinegar and sour cream may be served with this fish.

HERRING DISHES

There are many different kinds of herrings. The tastiest are light gray with a bluish back, caught during the summer. The date that the fish had been caught is marked on the barrels. If the herrings in a barrel are uneven in size, they are of a poor quality, probably herring remnants, because a herring catch is sorted according to size and the remnants are salted without being sorted. Large, tough herrings are not good-tasting. Some people value herrings containing milt or roe. However, such herrings are actually of a poorer quality because they are very lean. To get a fatter, tastier herring, one should choose one with a small amount of entrails. The smaller the milt or roe, the tastier the fish.

The quality of the herrings can also be judged by the way they have been packed into the barrel. Good quality herrings are packed so tightly that they are hard to remove from the barrel. The liquid should be pale yellow and the salt transparent. Dark brown liquid indicates that the herrings are bad-tasting, discolored. Such herrings have a distinctive unpleasant aroma and taste. Another way to choose herrings is to cut them open and to look at the flesh. If the flesh is white the herring is good; a poor quality herring has pink flesh.

Herrings are stored in small and large barrels. The herrings in the small barrels are packed in oil. Those are very tasty, fat, small herrings. If they are stored too long, however, they turn bitter. They are used for appetizer dishes; mostly they are served raw, with vegetables. They are too soft for marinating; a tougher variety should be chosen for this purpose. The best herring comes from Holland. Many also come from Norway or Great Britain.

One quickly becomes tired of eating plain raw herring; however many tasty dishes may be made using raw herring as the main ingredient.

SMOKED HERRING

RŮKYTA SILKĚ

Smoked herring is good-tasting. It is much thriftier to smoke the fish at home, than to buy them already smoked.

Soak the fish 12 hours before smoking. If they are very salty, they may be soaked for 24 hours. When soaked, dry the fish, thread them through the gills on a string, hang them up — tails down, and smoke using not-too-hot smoke, until they become an attractive golden color. Smoking time depends on the amount of smoke, how high the fish is hung, and other conditions.

HERRING WITH VEGETABLES

SILKĚS SU DARŽOVĚMIS

8 herrings	8 oz. beans or peas
2 lbs. potatoes	3 tomatoes
1 lb. sauerkraut	6 marinated or dried mushrooms
1 red beet	4 cups vinegar marinade (strong)
1 lb. carrots	

Soak the herrings, peel, cut in half lengthwise and bone. Arrange the halves so that they form one large herring. Using a sharp knife, cut it across into pieces so that it may be served easily. Smooth out the pieces, add head and tail, so that it looks like a whole large fish.

Cut vegetables into attractive pieces using a regular or serrated knife. Cook every vegetable separately. When cooked, cover with vinegar marinade and let stand about 1 hour. Drain the vegetables and arrange in mounds around the herring, varying the colors so that the same two colors are not next to each other. Pour mustard sauce or thick sour cream over the herring. Garnish with mushroom caps. This herring dish looks very attractive and tastes good.



HERRING WITH SOUR CREAM

SILKĖS SU GRIETINE

6 herrings	2 tablespoons flour
4 onions	1 cup sour cream
2 oz. butter or oil	Dash pepper

Soak herrings; remove bones, sprinkle with flour, saute in the fat. When done, sprinkle with pepper. Make a slit in the back of the fish before frying — this will prevent it from curling up. Slice the onions and saute in the fat, stir in sour cream and heat. Pour over the fried herrings and serve with boiled potatoes. This herring dish is very tasty, but the herrings must be well soaked before frying.

HERRING - VEGETABLE CASSEROLE

SU DARŽOVĖMIS UŽKEPTOS SILKĖS

6 herrings	4 eggs
6 medium potatoes	½ cup scallions
6 medium tomatoes	1 tablespoon lemon juice

Boil peeled or unpeeled potatoes and slice into thin slices. Cut tomatoes in half and remove seeds. Hard boil the eggs. Slice tomatoes and eggs into thin slices. Soak the herrings, peel, remove the bones and cut each half into four pieces. Grease casserole dish and sprinkle with bread crumbs. Put a layer of potatoes on the bottom of the dish, a layer of eggs on top of the potatoes, then a layer of herring, then tomatoes, sprinkle top with chopped scallions; sprinkle with the lemon juice for a stronger taste, and put a layer of potatoes on the top. Now pour the sauce over the layers.

Sauce:

2 cups sour cream
1 egg
Salt, dill

Braise tomato seeds, etc., removed from the tomatoes, force through sieve. Mix with beaten egg and sour cream. Add chopped dill and salt, mix well and pour over prepared casserole. Bake in the oven about 45 min. Serve in dish where baked.

HERRING FRIED IN DOUGH

SILKĖS TEŠLOJĖ

6 herrings	1 heaping tablespoon flour
4 oz. butter or oil	1 tablespoon sour cream
2 eggs	

Soak the herrings about 24 hours, changing the water, so that they are not salty. Cut off the heads, cut lengthwise into halves, bone and clean.

Beat egg yolks, add sour cream, flour and beaten egg whites; mix. Dip herring halves in the dough and fry in fat in the frying pan.

Serve hot with braised potatoes.

HERRING CROQUETTES WITH RED BEETS

SILKIŲ MALTINIAI SU BUROKĖLIAIS

5 herrings	2 onions
4 potatoes or a slice of white bread	2 tablespoons oil
2 eggs	1 egg
½ cup milk	Bread crumbs
3 tablespoons sour cream	Pepper

Soak the herring, clean and peel. Remove the bones and grind or chop finely. Add onion sauteed in butter, soaked, squeezed out bread, or boiled, mashed potatoes, eggs, sour cream, pepper. Mix well and shape into croquettes. Dip croquettes in beaten egg, sprinkle with bread crumbs and fry.

Red beets:

2 lbs. red beets	½ cup sour cream
1 onion	2 tablespoons oil
1 tablespoon bread crumbs	Pepper, vinegar

Boil beets, rinse with cold water so that they may peel more easily, grate using vegetable grater, put into a pot.

Chop onion, saute in fat and add to beets. Add bread crumbs, sour cream, vinegar, salt and sugar to taste, mix and heat. Do not heat or cook beets for a longer time because they lose their color. Put in a serving dish before serving.

All kinds of potato dishes may be served with herring croquettes.

MARINATED HERRING

MARINUOTOS SILKĒS

Marinated herring may be prepared in various ways. They will keep a fairly long time. Herrings are marinated using the following vinegar marinade:

4 cups water	2 small onions
20 both kinds of peppercorns	1 teaspoon sugar
2 bay leaves	Vinegar
2 cloves	

Put all spices into cold water and cook until marinade is a yellowish color. Then add sliced onion, sugar, and enough vinegar to make the marinade very sour. Bring to a boil, let cool then strain and pour over prepared herrings.

MARINATED HERRING WITH MILT

MARINUOTOS SILKĒS SU PIENIAIS

6 herrings with milt	2 tablespoons oil
3 onions	Pepper, nutmeg

Soak herrings about 24 hours, changing the water, so that they are not salty. Do not peel herring to be marinated so that the vinegar will not remove nourishing material too quickly. Remove heads, cut lengthwise into two halves, remove the bones and clean well.

Crush the milt, remove membranes, add pepper, chop-

ped onion sauteed in oil, ground nutmeg and mix well. Spread mixture on the inside of each herring piece, roll up starting with the head end, fasten with a clove. Put prepared rolls into a dish and cover with vinegar marinade.

HERRING WITH TOMATO SAUCE

SILKĖS SU POMIDORAIS

6 herrings	1 tablespoon oil
2 tablespoons tomato paste	Pepper, nutmeg
2 tablespoons mustard	

Prepare herring the same way as in above recipe. Mix tomato paste with mustard, add oil, a dash of pepper, nutmeg and sugar. Mix well and spread on the inside of each herring piece. Roll up starting with the head end and fasten with a clove. Put into a dish, cover with cold vinegar marinade to which a bit of tomato paste has been added.

HERRING WITH MUSTARD

SILKĖS SU GARSTYČIOMIS

6 herrings	1 tablespoon oil
1 tablespoon mustard	Vinegar, sugar
1 tablespoon flour	

Prepare herring the same as in marinated herring with milt recipe. Mix mustard with hot water (or use prepared mustard). Saute flour in oil or butter, add to the mustard. Add sugar, and vinegar to taste. Mix well, spread on the inside of herring halves and roll up. Add a little prepared mustard to the vinegar marinade, mix and pour over prepared herring rolls.



HERRING WITH ONIONS

SILKĖS SU SVOGŪNAIS

6 herrings	3 tablespoons sour cream
3 onions (salad)	Pepper, sugar
3 tablespoons oil	

Prepare herrings as in above recipes. Chop the onions finely, saute in oil until tender or braise in sour cream. Add pepper and sugar and mix. Spread each herring half with the mixture and roll up. Cover with vinegar marinade or sour cream.

HERRING WITH APPLES

SILKĖS SU OBUOLIAIS

6 herrings	1 tablespoon tomato paste
1 large apple	Pepper, sugar, nutmeg, vinegar

Grate raw apple, add tomato paste, pepper, nutmeg and vinegar to taste. To soften taste, add a bit of sugar. Mix well, spread on the inside of prepared herring halves, roll up and fasten with cloves. Put herring roll-ups in a dish with the apple sections in rows and pour plain vinegar marinade over them.

HERRING WITH EGGS

SILKĖS SU KIAUŠINIAIS

6 herrings	2 hard boiled eggs
2 tablespoons tomato paste	Pepper, sugar
1 teaspoon mustard	

Mix tomato paste with mustard and chopped eggs. Add pepper and sugar to taste. Mix and spread on the inside of herring pieces. Roll up, put into a dish and pour in vinegar marinade. Herrings prepared in this way may not be kept for a long time.

Before serving garnish marinated herring as follows: if eggs were used for the stuffing, garnish with egg sections or slices; if onions were used, garnish with onions. They may also be garnished with green parsley leaves, onions or marinated mushrooms.

HERRING WITH CARROTS AND TOMATOES

SILKĖS SU MORKOMIS IR POMIDORAIS

6 herrings	6 tomatoes
1 cup oil	4 small onions
1 lb. carrots	10 both kind of pepper

Prepare the herrings in the same way as for marinated herring but peel off the skin. Grate carrots coarsely, slice onions, put both into a pot, add some oil and braise. When carrots are tender, add tomato paste, salt and pepper. Braise a few minutes longer.

Put layers of hot carrots and herring halves into a deep dish, last layer should be carrots. Even out surface and let cool. Garnish the top with onion, sauteed until golden.

HERRING WITH HORSERADISH SAUCE

SILKĖS KRIENŲ PADAŽE

6 herrings	1 medium horseradish root
1 cup oil	1 cup sour cream
1 tablespoon flour	Vinegar and sugar

Prepare the herrings in the same way as for marinated herring, roll up flour and saute. Arrange into individual herring plates (small, oblong, narrow plates) and pour horseradish sauce on each piece.

Sauce: saute flour in oil, add grated horseradish and braise. Then stir in the sour cream, and heat. Add some drops of vinegar, sugar and salt to taste. Mix, let cool and pour over prepared herring.

VEGETABLES

Vegetables have a great significance in the nourishment of man because they are the main source of vitamins, carbohydrates, organic acids and mineral matter. Vegetables, a juicy, fresh and refreshing food, increase the appetite and provide the organism with necessary cellulose, which improves the work of the intestines. Each type of vegetable has its own specific characteristics.

Potatoes contain 13-17% starch. They contain vitamin B and C.

Cabbage contains vitamin C. Vitamin C is found in a much larger quantity in red cabbage.

Carrots contain carotene, which the organism converts into vitamin A. They also contain vitamin B and C, oils, sugar and other material required by the organism. Their use is not limited to vegetable side dishes; they also add flavor and color to many dishes made from other foods.

Onions have up to 10% sugar, vitamins A and C, and oils which stimulate the flow of digestive juices. They, like the carrots, are used in small amounts in various dishes, to improve their taste and promote a better appetite.

Tomatoes are rich in valuable materials, vitamins B and C, organic acids, sugar, etc.

Red beets contain about 10% sugar, mineral matter and vitamin C.

Spinach has valuable mineral salts (iron, calcium, phosphorus) and vitamins, therefore it is especially good for children and diatetic nourishment. It also contains more albumen than either leafy or root vegetables (about 3.7%).

Horseradish, in comparison with other vegetables, contains the most of vitamin C. It contains much sharp matter, which stimulates the flow of the digestive juices.

Legumes — peas, beans, etc., — contain a great deal of albumen (up to 26%), carbohydrates (up to 57%), mineral salts (up to 3%), vitamins B and C, and carotene.

Cucumbers, radishes, lettuce — increase the appetite, improve digestion and make the food more varied.

PREPARATION OF VEGETABLES

It is not necessary to soak, wash or cook vegetables for a long time because this lessens their nourishment value. Prepare the vegetables just before cooking. Each kind of vegetable is prepared in a slightly different way; pick over and remove wilted or old leaves and stems from spinach, sorrel, lettuce, parsley and scallions. Then wash, changing the water several times. Then drain and chop. The lettuce leaves are torn into pieces and the stem part of the leaf is removed.

Wash potatoes, carrots, turnips, etc., peel and wash again. Cut into even sized pieces. Cook red beets unpeeled so that they would not lose their color and taste. For certain dishes, potatoes, turnips and other vegetables are also cooked unpeeled.

Remove leaves from cauliflower, take apart into flowerets and wash. Then soak $\frac{1}{2}$ hour in salted water, so that small insects, etc., will float to the surface of the water. If cauliflower is small, it may be served whole if served as a separate vegetable dish.

Remove brussels sprouts from stem, remove wilted leaves and wash.

Wash cucumbers. If the skin is thick, they should be peeled. If used for soups or casseroles, pickled cucumbers should be peeled and seeds should be removed. Small marinated cucumbers or pickles need not be peeled.

Shell fresh peas and beans, and remove any spoiled kernels.

Dried peas and beans should be picked over, washed. Soak them for one hour in cold water and cook in the same water.

Pod beans (green beans) and peas should be prepared by breaking off the ends of the pod; remove strings in lengthwise seams, wash. Beans should be sliced across diagonally into 1-inch pieces, peas are cooked in the whole pod.

Asparagus must be handled carefully so that the tips do not break off. Remove tough ends and thick parts of

the skin, not touching the tips. Then tie asparagus, of even length and thickness, into bundles so that they will cook evenly and remain whole. Asparagus may also be cut into 1-inch pieces.

It is not necessary to soak, wash or cook vegetables for a long time because this lessens their nourishment value. Prepare the vegetables just before cooking. Each kind of vegetable is prepared in a slightly different way; pick over and remove wilted or old leaves and stems from spinach, sorrel, lettuce, parsley and scallions. Then wash, changing the water several times. Then drain and chop. The lettuce leaves are torn into pieces and the stem part of the leaf is removed.

Peel onions and cut across into slices or chop.

Vegetables should be cooked in a covered pot; they should cook quickly. Water, in which peeled vegetables cooked, should be used for soups or gravies.

POTATOES

Of all the vegetables, we use potatoes the most; they are quite nourishing. Potatoes contain the most starch, therefore, when preparing potatoes for food it is necessary to improve their taste using various spices and additions, and to vary their taste with other nourishing products. A great variety of dishes may be prepared from potatoes.

POTATO CROQUETTES

BULVIŲ MALTINIAI

2-3 lbs. potatoes	1 cup bread crumbs
2 onions	Fat for frying
3 eggs	Salt, pepper
2 tablespoons flour	

Clean potatoes, cook, cool, grind in a meat grinder, add flour, finely chopped sauteed onions and eggs. Knead

well. If the dough is too soft, add bread crumbs. Form into croquettes, dip in beaten egg and sprinkle with bread crumbs. Fry in hot fat. Serve with mushroom sauce.

POTATO AND HERRING CASSEROLE

BULVIŲ IR SILKIŲ APKEPAS

3 lbs. potatoes	1 cup sour cream
3-4 herrings	1 tablespoon oil
2 onions	Dash pepper

Clean potatoes, parboil and cut into thin slices. Soak the herrings, peel, remove bones and cut into small pieces. Grease casserole dish, place a layer of potatoes on the bottom, sprinkle with pepper and finely chopped onions, drizzle with fat. Place a layer of herring on top of the potato layer, then again a layer of potatoes. Repeat until all the ingredients are used up. Pour sour cream over the top. Bake in the oven 30-40 min. Serve hot, in the dish where baked. With this casserole, serve a horseradish sauce.

POTATOES STUFFED WITH MUSHROOMS OR MEAT

GRYBAIS AR MĖSA ĮDARYTOS BULVĖS

12 medium potatoes	½ lb. dried mushrooms
1 onion	½ cup oil
1 egg	Salt, pepper
½ cup bread crumbs	

Peel potatoes, cut off a bit from both ends so that the potatoes can stand; using a teaspoon, scrape out the inside of the potato through one end, leaving thin walls. Stuff with mushroom mixture and cover with the cut off part of the potato. Place into roasting dish, baste with fat, bake in the oven. Serve, basted with melted butter, or with mushroom sauce.

Mushroom stuffing: cook mushrooms, grind. Add finely chopped sauteed onions, pepper, bread crumbs and egg. Mix well.

Meat stuffing: cooked meat (pork, beef or other) should be ground. Add finely chopped sauteed onion, pepper, salt, egg and mix well. Stuff the potatoes, bake, basted with fat.

BOILED POTATO CAKES

VIRTI BULVINIAI PYRAGAIČIAI

3 lbs. potatoes	4 oz. bacon
½ cup potato flour	Salt

Wash potatoes and cook unpeeled. When done, peel and grind twice or mash very well. Add potato flour, salt to taste and knead well. Roll out the dough and cut up into small diagonal pieces. Put them into boiling water and cook. When they rise to the surface, remove. Serve with bacon sauteed with onion, or melted hot butter.

Wheat flour may be used instead of potato flour, but the potato cakes are tastier when made with potato flour.

BAKED POTATO CAKES

KEPTI BULVINIAI PYRAGAIČIAI

Peel cooked potatoes, mash well. Add salt, a bit of flour and knead well. Roll the dough out, cut into diagonal pieces. Chop the surface of potato cakes lengthwise and across to decorate. Put on greased baking sheet, bake until browned.

Serve hot with sour cream or with sauteed bacon.

POTATO DUMPLINGS

BULVIŲ VIRTINIAI

Peel potatoes, cook in salted water. Drain and mash well. Add sauteed onion, pepper, butter and mix well.

Make a dough from flour and water (same as for egg noodles), roll out thin. Place bits of potato mixture around the edge of the dough, cover with dough and using a glass press out dumplings. With fingers seal the edges

of each dumpling so that it will not fall apart when cooking. Boil in salted water. Serve with sauteed bacon or with butter and sour cream.

GRATED POTATO DUMPLINGS

TRINTŲ BULVIŲ VIRTINIAI

3 lbs. potatoes	1 onion
1 lb. cooked potatoes	Salt, pepper
1 lb. beef or pork	

Grate potatoes and squeeze out all liquid. Peel cooked potatoes, mash and mix with raw potatoes. Add salt and knead to mix well. Grind the meat, add salt, pepper and sauteed onion. Mix well. Take a piece of the potato mixture the size of an egg and flatten it out on the palm of the hand, place meat stuffing in the middle, cover the meat with the edges of the potato mixture and seal. Cook in salted boiling water 25 to 30 min. Then remove dumplings from the water, and put into a heated serving dish. Pour sauteed bacon and onion over them.

Grated potato dumplings may also be stuffed with cottage cheese. Use 4 lbs. of potatoes, 1 lb. cottage cheese and 2 eggs.

Potato mixture is prepared in the same way as for meat-stuffed dumplings. Cream the cottage cheese, add eggs, salt, several tablespoons sour cream and beat well. Stuff the dumplings as in above recipe and cook in the same way as above. Serve cheese dumplings with sour cream and butter.

POTATO PANCAKES

TARKUOTŲ BULVIŲ SKLINDŽIAI (Blynai)

3 lbs. potatoes	Fat for frying
2 eggs	Salt

Grate potatoes, add eggs, salt and mix well. Using one tablespoon of mixture per pancake, fry in hot fat.

If fresh potatoes are used for pancakes, add one table-

spoon of flour to mixture.

Pancake mixture may also be made with milk. Remove juice from grated potatoes using a spoon, pour in one cup of scalded milk. Then add one egg, salt and mix.

Serve potato pancakes with sour cream or cranberry sauce.

POTATO PUDDING I

I. BULVIŲ APKEPAS (Kugelis)

4 lbs. potatoes	1 onion
2 cups milk	4 oz. bacon
4 eggs	Salt, pepper

Peel and grate potatoes, drain off liquid. Pour scalded milk over the potatoes, add pepper, salt, chopped onion sauteed with chopped bacon, egg yolks and mix well. Fold in beaten egg whites. Pour into a greased roasting pan. Bake in the oven. When done, slice into oblong pieces; serve with sauteed chopped bacon, sour cream or cranberry sauce.

POTATO PUDDING II

II. BULVIŲ APKEPAS (Kugelis)

3 lbs. potatoes	1 tablespoon flour or farina
1 lb. cooked potatoes	1 teaspoon baking powder
1 egg	½ cup fat
½ cup milk	Salt, pepper

Grate raw and boiled potatoes, add other ingredients and mix well. Pour into greased roasting pan and bake in the oven. At first the heat should be 450°, then lower it. Serve hot with sour cream or cranberry sauce.

POTATO SALAD

BULVIŲ SALOTOS

Cook unpeeled potatoes; when cool, peel and slice into thin, round slices. Chop finely a salad or ordinary onion (scallions may also be used). Put potato slices and onion in layers into a dish, sprinkling with salt and pepper. When done, pour over potatoes good quality oil mixed with vinegar or lemon juice. Let stand 2-3 hours so that the oil and vinegar can soak into the potatoes. Garnish with scallions or dill and serve. The taste of potato salad depends on the quantity of oil and its type; also on the type of acid used.

RED BEETS

BRAISED BEETS

TROŠKINTI BUROKĖLIAI

3 lbs. red beets	½ cup sour cream
1 tablespoon flour	Vinegar or lemon juice
2 tablespoons oil	Salt, pepper
1 onion	

Cook unpeeled beets or bake in oven, peel and grate coarsely. Finely chop onion and saute in fat, add flour, remaining fat and saute. Then add the red beets, salt, sugar to taste, vinegar or lemon juice, and braise, stirring occasionally. When done, add the sour cream, heat and serve immediately. May be served with meat loaves, roasted rabbit.

When served with rabbit or heath-cock, red beets are prepared without the sour cream, broth is added instead.

RED BEET SALAD

BUROKĖLIŲ SALOTOS

Cook unpeeled beets or bake in oven. Peel and slice into very thin slices. Chop a salad onion very finely, add salt to taste, pepper, vinegar or lemon juice, and oil. Mix lightly with red beet slices. Let stand 2-3 hours so that oil and vinegar will soak into the red beets.



CARROTS

BRAISED CARROTS

MORKŲ DARŽOVIENĖ

1 cup broth	3 lbs. carrots
Salt	2 oz. butter

Peel carrots, cut into small pieces, put into a pot, add broth to cover (if carrots are old, add a little more broth) and cook. When tender, add salt and butter and mix well. If the carrots are old, add a bit of sugar. These carrots may be served with veal meat loaf, roasts, etc. They are served in a separate serving dish, or arranged around the meat on the platter.

If old carrots are cooked, wash them well and par-boil unpeeled. Then peel, cover with fresh water and cook until tender. The odor of old carrots will in this way be eliminated.

MASHED CARROTS

MORKŲ KOŠĖ

2 lbs. carrots	1 tablespoon flour
3 sour apples	Salt
1 cup sour cream	

Cook unpeeled carrots, peel, grind. Saute flour in butter, stir in sour cream and add carrots. Cook mixture, stirring constantly and adding sour cream to make a thick mass. Bake the apples and force through a sieve. Add to carrot mixture. Add salt to taste, a bit of sugar, and serve.

May be served with meatloaf or white meats.

CARROT SALAD WITH APPLES

MORKŲ SALOTOS SU OBUOLIAIS

2 lbs. carrots
2 lbs. sour apples
1 cup sour cream

Peel raw carrots and grate coarsely. Add peeled, coarsely grated apples, a dash of salt, mix in sour cream. If tartness is desired, add some lemon juice.

Oil and diluted vinegar may be used instead of sour cream.

RADISHES

Choose young, not overgrown radishes for food. Radishes (red) are served washed, but not peeled. Remove the root and shorten the leaves, leaving stems of about 1 inch to the radish. White radishes should be peeled before serving.

RADISHES WITH SOUR CREAM

RIDIKĖLIAI SU GRIETINE

Wash radishes, cut into thin slices, sprinkle with salt. Add sour cream (finely chopped scallions may be added), mix well and place into a serving dish. Sprinkle with chopped dill, garnish with radish roses and parsley or dill leaves.

RADISH SALAD

RIDIKŲ SALOTOS

Wash radish, grate coarsely or slice into very thin slices and let stand one hour to remove bitter taste. Drain the radish, add salt and mix with sour cream.

Radish salad may also be prepared by using a mixture of oil and vinegar instead of sour cream.

RADISH AND CARROT SALAD

RIDIKŲ IR MORKŲ SALOTOS

Prepare radish as above and add $\frac{1}{3}$ the amount or coarsely grated carrots, salt, sour cream and mix. Instead of sour cream, a mixture of oil and vinegar may be used. May be served with meats.

CABBAGE

BRAISED CABBAGE

TROŠKINTI KOPŪSTAI

Fresh cabbage and sauerkraut may be braised; sauerkraut is much tastier.

2 lbs. cabbage	2 bay leaves
2 onions	1 tablespoon flour
$\frac{3}{4}$ cup fat	4 dried mushrooms
10 peppercorns	Some broth, salt

Chop onion and saute in the fat. Add sauerkraut (wash first if very sour), add spices, fat, some broth or water, and braise until tender. Add broth while braising, if necessary; mix frequently so that the cabbage does not scorch. When cabbage is tender, add separately cooked and julienne cut mushrooms. Mix well.

Braised cabbage may be served with pork, duck or goose.

If fresh cabbage is used, cut the cabbage finely, sprinkle with salt and scald with boiling water. Add sour apples, tomatoes or other acid ingredient to taste.

CABBAGE CAKE

PYRAGAS SU KOPŪSTAIS

1 cup milk	3 egg yolks
1 lb. flour	1 teaspoon sugar
2 oz. butter	Yeast

Mix yeast with sugar, add warm milk and $\frac{1}{3}$ of the flour. Beat well. Put in a warm place to rise. When it rises, beat well again, add egg yolks beaten with salt, sugar, and flour, a part at a time. Knead well. Add melted butter when almost done and knead again. When done, put in a warm place to rise. When the dough rises, divide it into two parts. Roll out to the thickness of one finger. Put one layer on a greased baking sheet, spread with braised and cooled cabbage, sprinkle with chopped hard boiled eggs and finely cut up, separately cooked mushrooms. Put another layer of dough on top. When it rises, brush with beaten egg, prick the top with a fork so that it will lay flat, and bake. When done, cut cake into even, oblong pieces, put on a platter and serve with a mushroom or tomato sauce.

This cake may be made another way. Roll out all dough, spread with cabbage filling, roll up and place on a greased baking sheet. When it rises, brush with egg and bake 40-50 min. When done, cut cake into slices ($\frac{1}{2}$ finger thick). Serve with mushroom or tomato sauce.

Cabbage filling:

3 lbs. sauerkraut	2 oz. butter
1 onion	Pepper, bay leaf
4 dried mushrooms	

Squeeze out cabbage, add pepper, chopped onion sauteed in fat, mushrooms, fat, and braise, stirring often, until tender.

Fresh cabbage may be used instead of sauerkraut. Clean cabbage, cut finely, rub with salt and scald with boiling water. Drain, add grated sour apples or other ingredient for tartness, to taste, salt, sugar, pepper, bay leaves, fat and braise. When done and cooled, a couple of finely chopped hard boiled eggs may be added.

CABBAGE DUMPLINGS

KOPŪSTŲ VIRTINIAI

3 lbs. sauerkraut	10 of both kinds of peppercorns
4 oz. butter	1 onion
4 oz. dried mushrooms	Salt
1 tablespoon bread crumbs	2 eggs

If sauerkraut is too sour, wash with water and add $\frac{1}{2}$ of fresh cabbage. Melt butter in a pot, add chopped onion and cabbage, pour in some water and braise, covered.

Put mushrooms into cold water and cook separately; cut finely and add to cabbage. When the cabbage is done and cooled, add raw eggs, bread crumbs, pepper and mix.

Make a dough using 2 lbs. flour and 2 eggs, with a bit of milk or water. Roll out dough very thin. Put small mounds of cabbage stuffing around the edge of the dough, cover with the edge of the dough. Using a glass cut out dumplings and seal their edges tightly. Boil dumplings in salted water. Serve with melted butter.

CABBAGE HASH

KOPŪSTŲ ŠUTINYS

2 lbs. cabbage	
4 eggs	2 tablespoons sour cream
$\frac{1}{2}$ cup bread crumbs	1 tablespoon potato flour
2 oz. butter	Salt, pepper

Cut head of cabbage into 4 parts and cook in salted water. When done, drain, separate leaves, cool and chop finely. Beat the egg yolks with the bread crumbs, add

cabbage, potato flour, nutmeg if desired; stir in sour cream, salt, pepper and mix well. Add beaten egg whites and mix again. Pour mixture into a greased, sprinkled with bread crumbs pudding form. Put form into a pot of boiling water and cook about 45 min. (Water must cover $\frac{2}{3}$ of the form). When done, unmold on plate and serve brushed with melted butter and sprinkled with bread crumbs.

If a pudding form is not available, the mixture can be poured into a baking dish and baked in the oven. When done, serve in the dish where it baked.

RED CABBAGE SALAD

RAUDONŲ KOPŪSTŲ SALOTOS

1 head red cabbage	lemon juice
3 tablespoons oil	1 teaspoon sugar
2 tablespoons diluted vinegar or	Salt

It is best to use red cabbage for this recipe, although white cabbage may also be used. Remove top leaves from the head of cabbage, and cut the cabbage finely. Pour a mixture of diluted vinegar and oil over the cabbage and let stand 2-3 hours to soften. Then add salt and sugar.

For a more tender salad, the cabbage may be scalded. Then proceed as above.

Place red cabbage salad into an attractive serving dish and serve with beef, duck or other meats.

Red cabbage salad may also be placed on the same platter with white cabbage or pickled cucumbers. Garnish with parsley leaves.

CABBAGE SALAD

ŽALIŲ KOPŪSTŲ SALOTOS

Shred cabbage, put into a bowl and rub with salt so that juice forms. Add two tablespoons coarsely grated raw carrots and pour a mixture of vinegar and oil over it. Add salt, sugar, and let stand to become tender. Add sour cream; mix lightly. Garnish with tomato quarters and serve.

CAULIFLOWER

Choose hard and white cauliflower. Before cooking, remove leaves, shorten the stem and soak about one hour to remove small insects. Remove from water, put into boiling salted water to cook. Drain cauliflower when done, arrange in a serving dish stems down, pour hot melted butter over it.

Cauliflower prepared this way may also be covered with beaten egg and put into the oven to brown.

CAULIFLOWER AND POTATO CASSEROLE APKEPTI ŽIEDINIAI KOPŪSTAI SU BULVĖMIS

1 cauliflower	2 tablespoons sour cream
5 medium potatoes	Salt
2 oz. butter	

Clean the cauliflower and separate into flowerets. Soak in salted water, then place into boiling salted water. Drain when done. Peel potatoes and cook with pepper, bay leaves and onions. Drain, cool and slice into thin slices. Grease a baking dish, put a layer of potatoes on the bottom, add a layer of cauliflower, baste with melted butter and sour cream. The top layer should be potatoes, sprinkled with bread crumbs and basted with melted butter. Bake in oven 30 min. When done, garnish with parsley leaves and serve in baking dish. A white sauce may be served with this casserole.



KOHLRABI

KOHLRABI STUFFED WITH MEAT MĖSA ĮDARYTOS KALIAROPĖS

6 kohlrabies	1 oz. butter
1 lb. cooked or raw meat	2 eggs
1 onion	1 cup sour cream
8 both kinds of pepper	Salt

Choose evenly-sized fresh kohlrabies, clean, put into boiling water and parboil (they may also be stuffed uncooked). Cut off the top. Using a teaspoon, scrape out the inside leaving thin walls, stuff with meat filling. Put the top back on, place kohlrabies into a roasting pan, add broth and fat. Braise, basting frequently. When almost done, stir in sour cream. Serve with the pan gravy. May also be served with tomato sauce.

Stuffing: grind the meat, add finely chopped onion, salt, sauteed in butter kohlrabi pieces removed from the center of the kohlrabi, eggs and pepper (ground). Mix well and stuff the kohlrabi.

CUCUMBERS

FRESH CUCUMBER SALAD ŠVIEŽIŲ AGURKŲ SALOTOS

Peel cucumbers, cut into thin slices; add salt, slightly diluted vinegar, sprinkle with pepper and chopped dill.

CUCUMBER SALAD WITH SOUR CREAM AGURKŲ SALOTOS SU GRIETINE

Wash and dry young cucumbers and cut into thin slices (older cucumbers should be peeled). Put into a dish, sprinkle with finely chopped dill or parsley leaves. Before

serving, add sour cream mixed with salt.

Oil may be used instead of sour cream.

The same method is used in preparing pickled cucumber salad.

TOMATOES

Tomatoes contain many vitamins and various mineral salts, therefore, it is very healthful to eat them raw, baked or cooked. Small children should be served tomato juice.

TOMATO SALAD POMIDORŲ SALOTOS

Wash tomatoes, cut across into thin slices. Sprinkle with salt and ground pepper; also add onions if desired. Onion must be finely chopped or cut into very thin slices. Arrange on a platter in this way: a slice of tomato with a slice of onion on top. Sprinkle with salt and pepper and drizzle with a bit of oil.

TOMATOES WITH SOUR CREAM POMIDORAI SU GRIETINE

Wash tomatoes and cut across into thin slices. Put into salad bowl together with very thin slices of onion and pour in sour cream mixed with salt. Garnish with radishes, parsley or dill leaves, scallions and tomatoes.

Serve with meats, herrings or eat by itself.

TOMATOES STUFFED WITH MEAT MĖSA ĮDARYTI POMIDORAI

6 tomatoes	1 onion
4 oz. fresh, tender meat	2 tablespoons sour cream
1 egg	Salt, pepper

Choose even-sized, not too ripe tomatoes. Wash the tomatoes, cut off the tops and using a spoon remove the pulp. Sprinkle the inside of the tomatoes with salt and pepper.

Veal, pork or poultry may be used for the stuffing. Beef is not as desirable. Grind the meat, add salt to taste, add chopped onion sauteed in butter, and egg. Mix well, stuff the tomatoes with mixture, cover them with the tops, and secure with toothpicks. Place tomatoes into a roasting pan, add butter and some broth. Dot the tops of tomatoes with butter. Bake in low heat about 20 min. When done, add the sour cream to the pan drippings. Serve, using pan drippings as gravy.

Stuffed tomatoes may also be braised. Place into a pot, add butter and some broth, cover and braise. When done, add the sour cream. Serve using braising liquid as gravy.

TOMATOES STUFFED WITH EGGS

KIAUŠINIAIS ĮDARYTI POMIDORAI

6 medium tomatoes	1 tablespoon bread crumbs
3 hard boiled eggs	2 oz. butter
1 raw egg	Salt, pepper

Prepare tomatoes as in above recipe.

Chop hard boiled eggs, add bread crumbs, raw egg, salt, pepper and some chopped parsley. Mix well; stuff tomatoes with the mixture, cover them with the tops, place them into a roasting pan, add butter and bake in the oven. Serve in the dish where baked, or put on a platter and serve with the pan liquid.

BEANS

STRING BEANS WITH BUTTER

ŠPARAGINĖS PUPELĖS SU SVIESTU

1 lb. string beans	1 tablespoon bread crumbs
2 oz. butter	Salt

Choose young, smaller-sized, not over-ripe beans, cut off ends, remove strings from the sides, if any. Put into boiling salted water and cook until tender. Drain, put into serving bowl. Sprinkle with bread crumbs, pour hot melted butter over them. Serve with meat or may be eaten by themselves.

STRING BEANS WITH SOUR CREAM

ŠPARAGINĖS PUPELĖS SU GRIETINE

Cut off ends of string beans, remove strings if any, wash and cut diagonally into pieces. Cook in boiling water, then drain. In a frying pan saute one teaspoon of flour in butter, add $\frac{1}{2}$ cup sour cream. Pour this sauce over the beans and heat. Add salt to taste. Serve hot.

May be served with meat loaves, boiled beef and other meats.

BEANS WITH GRAY SAUCE

PUPELĖS SU PILKU PADAŽU

2 lbs. dried beans	$\frac{1}{2}$ cup cream
4 oz. butter	Vinegar, salt, sugar
1 tablespoon flour	

Pick over the beans, remove those blackened or spoiled. Wash the beans, soak in cold water and cook in the same water. When almost done, drain off the water, add the cream, 2 oz. of butter, salt to taste, and braise.

Saute remaining butter with the flour, add some of the water in which the beans cooked; add sugar, salt, a few drops vinegar and some burned sugar. Pour this sauce over the beans or serve separately.



PEAS

BRAISED PEAS

TROŠKINTI ŽIRNELIAI

5 cups fresh peas	½ cup cream
1 oz. butter	Salt, sugar
1 tablespoon flour	

Shell peas, put into boiling salted water. When done, drain; add flour, sauteed in butter, stirred in cream, salt, sugar, and braise 15 min. Serve with veal, chicken, or other white meats. This dish may also be eaten separately with croutons.

If dried peas are used (use two cups), first wash them and soak them in cold water. Cook them in the same water in which they soaked. When almost done, drain off some of the water if there is too much, add cream, butter, salt to taste, and sugar.

PEAS WITH CARROTS

ŽIRNELIAI SU MORKOMIS

2 cups fresh green peas	1 tablespoon bread crumbs
2 cups diced carrots	½ cup cream
1 oz. butter	Salt, sugar

Wash and peel carrots, dice, cover with water, add butter, cover and braise until almost tender. Shell peas, put into boiling water and parboil. Drain, add to carrots and braise. When done, add bread crumbs, salt, sugar and cream. Heat.

To serve, put into a dish, garnish with croutons.

MASHED PEAS

ŽIRNIŲ KOŠĖ

2 cups dried yellow peas	1 tablespoon bread crumbs
4 oz. bacon	Salt, pepper
1 onion	

Pick over peas, wash, soak and cook in unsalted water. When done, force peas through a sieve, add sauteed chopped bacon and onion, bread crumbs, salt. Heat, stirring constantly, until mixture boils.

Mashed peas may be served with meat, or as the entree, poured over with sauteed bacon pieces.

MIXED VEGETABLES

DARŽOVIŲ MIŠRAINĖ

1 lb. potatoes	2 apples
1 lb. red beets	3 eggs
1 lb. carrots	1 cup sour cream
1 cup white beans	1 onion
1 cup peas	Salt, sugar
1 cup sauerkraut	

Smaller quantities of given vegetables may be used, or some of the less liked vegetables may be substituted for better liked ones, for instance, sauerkraut may be substituted by pickles, etc.

Cook each vegetable separately. Some of the vegetables may be cooked an hour or so in advance, but they must be kept cold. When cooked, cut the vegetables into oblong, or other shape, thin pieces, using a vegetable knife or an ordinary knife. Hard boil eggs and cut into sections or chop coarsely. Reserve one egg for garnishing. Cut apples into pieces. Put all the vegetables into one bowl and cover with vinegar marinade. Let stand a couple of hours. Pour off liquid, put vegetables, apples and eggs into a salad bowl. Mix lightly with the sour cream, wipe off the edges of the salad bowl with a dish cloth. Garnish the top with hard cooked egg sections, radishes. Now this dish is ready to serve.

Instead of vinegar marinade, cooked vegetables may be mixed with the following sauce: cream one hard boiled egg yolk with salt, add one tablespoon sugar, a few drops vinegar, a teaspoon mustard. Beat well, adding the sour cream a little at a time. Pour this sauce over the vegetable mixture and serve.

EGG DISHES

Eggs are very valuable food product, because they contain 12.1% protein, 11.5% fat, .55% carbohydrates and many vitamins. Eggs are easily digested, therefore, they are widely used in various foods. Raw eggs are most easily digested, however, most people prefer boiled or fried eggs or other egg dishes. Hard boiled eggs are not easily digestible.

POACHED EGGS

KIAUŠINIAI MARŠKINĖLIUOSE

These are eggs cooked without the shell: the egg white hardens and the yolk remains soft. Put salt and a bit of vinegar into eight cups of water and bring to a boil. Break the egg shell with a knife or on the edge of the pot, open the shell quickly and slip the egg into the boiling water. The tartness in the water will quickly contract the egg white and the egg yolk will remain within the egg white. As soon as the egg white is contracted, remove the eggs with a perforated spoon and put into another pot containing unspiced warm water. This water will remove any tartness that the egg contains from the previous cooking. They may be kept in the warm water until serving. These eggs are served with mashed potatoes, buckwheat groats, or barley. To serve attractively, arrange eggs on one side of the platter and the cereal on the other side. Pour tomato sauce over the eggs. White sauce may be used instead of tomato sauce.

BROWNEG EGGS

APKEPTI KIAUŠINIAI

Drain poached eggs, dip each one in beaten egg, sprinkle with bread crumbs. Fry in hot butter on both sides until golden. Arrange on a platter and baste with hot butter before serving. An onion sauce makes a tasty addition to browned eggs.

EGG CROQUETTES

KIAUŠINIŲ MALTINIAI

10 eggs	1 onion
4 oz. butter	2 tablespoons sour cream
1 cup bread crumbs	Salt, pepper, dill
4 small potatoes	

Hard boil 8 eggs and chop finely. Add cooked, mashed potatoes (instead of potatoes, soaked, squeezed out bread may be used). Then add finely chopped onion, sautéed in butter, remaining raw eggs, pepper, dill or parsley (chopped), sour cream, one-half of the bread crumbs, and salt. Mix well, shape into croquettes and sprinkle with remaining bread crumbs. Fry, the same as meat croquettes.

Egg croquettes may be served with mashed potatoes and horseradish sauce.

SCRAMBLED EGGS

PAPRASTA KIAUŠINIENĖ

8 eggs	½ cup milk
1 cup flour	Dash salt
2 oz. butter	

Beat eggs well, add flour, milk, salt and beat again. Grease roasting dish with butter, pour in eggs in a thin layer and bake in the oven. Bake just before serving (if it is left to stand after baking it will collapse and will not taste good). To serve, cut into squares, put on serving dish. A bit of sour cream is usually served with scrambled eggs. Scrambled eggs are usually eaten for breakfast.

SCRAMBLED EGGS WITH HAM

KIAUŠINIENĖ SU KUMPIU

8 eggs	2 oz. butter
½ lb. smoked ham	1 onion
½ cup milk	

Beat the eggs, add milk. Cut ham into julienne strips, boil it for a short time if it is too salty. The water where the ham cooked may later be used for soup. Drain ham pieces, saute for a short time to bring out red color, and sprinkle on the bottom of a butter-greased roasting dish. (Should be a thin layer). Sprinkle chopped sauteed in butter onions on top of the ham layer, and pour beaten egg mixture over the two layers. Bake in oven. If the egg layer is thin, scrambled eggs may be cooked on the top of the stove. Do not stir while cooking.

Separately, braise carrot and pea mixture. Cut scrambled eggs with ham into square pieces, place on the center of the serving dish; arrange peas and carrots around the eggs.

Scrambled eggs with ham (omlet) may be prepared in the following way also:

6 eggs	2 oz. butter
½ lb. smoked ham	3 tablespoons sour cream

Beat the eggs well, add sour cream. Pour into prepared roasting pan and bake in the oven.

Prepare the ham as described above. When omlet is done, remove on serving dish, arrange ham in the middle of the omlet in such a way that when the omlet is folded in half, the ham will protrude from the ends slightly.

This omlet is served with a lettuce salad, and cucumbers with sour cream.

EGGS WITH KIDNEYS

KIAUŠINIAI SU INKSTAIS

Soak a couple of veal kidneys in water; cut lengthwise in half, and cover with boiling water. Let stand at least 10 min. Then cook kidneys in water with spices until tender. When done, cut kidneys across into thin slices, saute in butter, sprinkle with salt and aromatic pepper, mix well.

Make scrambled egg omlet as above, put prepared kidneys on it, fold in half and baste with melted butter.

EGGS WITH MUSHROOMS

KIAUŠINIAI SU GRYBAIS

Wash fresh mushrooms and cook in spiced water until tender. When done, cut into julienne strips, place in a pot in hot butter, add a bit of sour cream, salt and pepper if necessary, cover and braise. If salted mushrooms are used, soak first, then cut up and proceed as with fresh mushrooms.

Make a scrambled egg omlet, as described in scrambled eggs with ham recipe. Place prepared mushrooms on the omlet, fold in half and baste with melted butter.

EGGS WITH SPINACH

KIAUŠINIAI SU ŠPINATAIS

2 lbs. spinach	1 tablespoon wheat flour
2 oz. butter	Salt

Wash spinach, parboil in salted water; when leaves lose fresh green color, put in colander to drain. Force spinach through sieve, put into hot butter, add flour, saute for a short time. Add a bit of sour cream, salt, sugar and pepper to taste. Mix well and heat. When mixture thickens, put spinach on prepared omlet, fold both sides and baste with melted butter.

EGGS WITH MUSTARD SAUCE

KIAUŠINIAI SU GARSTYČIŲ PADAŽU

6 eggs
1 cup good quality sour cream
1 tablespoon prepared mustard

Hard boil eggs, peel, cut in half lengthwise. Add mustard and a bit of salt to the cream and beat well. Pour into a serving dish, place eggs, cut side down, in a circle or a star shape into the sauce. Garnish with mushrooms or parsley leaves.

Mustard sauce:

2 egg yolks	4 white peppercorns
1 teaspoon mustard	Salt, vinegar, sugar
1 cup sour cream	

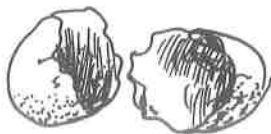
Force hard boiled egg yolks through sieve, add mustard and ground pepper and beat well. Add salt and sugar, a bit at a time, beat well again. Add sour cream, a little at a time, beating after each addition. Adjust seasoning Use cold.

STUFFED EGGS **ĮDARYTI KIAUŠINIAI**

6 eggs	1 onion
2 oz. butter	1 tablespoon sour cream
1 tablespoon bread crumbs	Salt, pepper

Hard boil eggs. Using a very sharp knife, cut unpeeled egg lengthwise in half. Carefully remove egg yolk and egg white from the shell, keeping the shell halves unbroken. Chop the egg whites and yolks, add salt, ground pepper, cream, finely chopped onion sauteed in butter, and chopped dill or parsley. Mix well and fill egg shells to the top with this mixture. Sprinkle with bread crumbs. Heat butter in a frying pan, put in egg halves (shell side up) and saute. When a deep golden color, wipe eggs with a clean cloth and serve with braised carrots and peas.

For appetizers, serve cold, arranged on a platter and garnished with parsley leaves.



DESSERTS

Desserts are served at the end of dinner. Therefore, a dessert must be matched to the main dishes served at the dinner. If the meat dishes were light, vegetable dishes, the dessert should be more nourishing: containing sour cream, butter, eggs. After a dinner where meat was served, the dessert could be a fruit dish. Generally, best loved are the fruit or berry desserts.

COMPOTES

For one pound of apples use one cup of sugar, 3 cups of water, $\frac{1}{2}$ stick of cinnamon, a couple of cloves, orange peel and some lemon juice.

Peel apples, cut lengthwise into sections, core, and immediately put into sweetened boiling water, so that the apples will not discolor. Cook over a low heat so that the apples will not fall apart or overcook. When done, remove apples with a perforated spoon, add all the spices, apple peels, apple cores to the liquid and simmer. Then strain the liquid, add remaining sugar, simmer briefly and pour over the apples. Serve cold.

APPLE AND PRUNE COMPOTE OBULIŲ IR DŽIOVINTŲ SLYVŲ KOMPOTAS

1 lb. apples	4 cups water
$\frac{1}{2}$ lb. prunes	5 cloves, cinnamon, orange peel
1 cup sugar	

Peel apples, cut lengthwise into sections, core, and put immediately into boiling sweetened water. Cook over a low heat, together with all the spices. When apples are done, remove from liquid and put into serving dish.

Strain the liquid, add remaining sugar, bring to a boil and let stand to settle.

Cook prunes separately, remove from liquid, and place attractively over the apples. Pour apple syrup carefully over the fruit. Leave out the sediment.

Serve cold.

APPLE AND CHERRY COMPOTE

OBULIŲ IR VYŠNIŲ KOMPOTAS

3 medium sized apples	4 cups water
2 cups cherries	1 teaspoon potato flour
1 cup sugar	Spices

Peel apples, cut into sections, put into boiling syrup with spices and cook. When done, remove apples, stir potato flour into the liquid and bring to a boil. Add the cherries, remove from heat and add the apples. Put in a serving dish and chill.

RAW BERRY COMPOTE

NEVIRTŲ UOGŲ KOMPOTAS

Use raspberries, strawberries, blueberries, etc. Pour sugar over the berries, let stand overnight. May be eaten the next day, when juices have formed. The compote is even better if two or three kinds of the above mentioned berries are used. Pour layers of the berries, sprinkling each layer with sugar (use sugar to taste). The following day, mix the berries and serve.

This compote may also be made in the following way: mix the berries, pour hot, cooked melted sugar mixture over them. Eat when cold.

A glass of wine may be added to this kind of compote, if desired.



RHUBARB COMPOTE

RUBARBARŲ KOMPOTAS

2 cups cut up rhubarb stems	3 cups water
1 cup sugar	Cinnamon, cloves, lemon peel
1 tablespoon potato starch	

Boil water with spices and sugar, simmer, then strain. Wash rhubarb, peel, cut diagonally into pieces, put into the sugar liquid and cook until the rhubarb is almost transparent. Cook carefully, over a low heat, because rhubarb falls apart easily while cooking. When done, stir in potato starch, dissolved in water. Heat again. Chill before serving.

DRIED FRUIT COMPOTE

DŽIOVINTŲ VAISIŲ KOMPOTAS

2 cups cut up mixed dried fruit	4 cups water
1 cup sugar	Cinnamon, orange peel

Boil water, add some of the sugar and cook the fruit. First cook the light-colored fruit: apples, pears. Remove when done, and add dark colored fruit to the liquid: prunes, cherries. Compote cooked in this manner will look attractive, because the light colored fruit, cooked separately, will not lose its color. Also, the cooking time for various fruit is different; cooking each kind separately we avoid the danger of overcooking some of them. When dark fruit is cooked, remove from liquid. Add remaining sugar and spices to the liquid, simmer. Strain, let cool, and pour over the fruit.

COMPOTE IN FRUIT PUDDING

KOMPOTAS KISIELIUIJE

2 cups dried fruit	4 cups water
1 cup sugar	$\frac{1}{2}$ cup wine
1 cup fruit juices	1 cup potato starch

1 cup sweet cream
Cinnamon, cloves, orange peel

Wash the fruit. Bring water to a boil, add sugar and cook the fruit, starting with the light-colored ones and ending with the dark-colored. When all fruit is done, add remaining sugar to the liquid, add spices and simmer. Strain, bring to a boil and stir in potato starch, dissolved in water. Simmer briefly, add fruit juices, wine and mix.

Rinse pudding mold with water, sprinkle with sugar. Put a layer of fruit on the bottom, pour in some of the liquid. When cooled, add other layers of fruit and liquid until all ingredients are used up. Chill, unmold on serving plate and serve with sweet cream.

FRUIT, AND OTHER PUDDINGS KISIELIAI

Puddings are made from fresh or dried fruit, berries, juices, syrups, coffee, cocoa and other products. When cooking a pudding, sugar and potato starch is added. For milk and almond puddings, corn starch may be used. It contributes a more pleasant taste to the pudding.

To make fruit and berry puddings the following spices are used: cinnamon, cloves, orange peels.

To flavor a milk pudding, use vanilla.

When cooking a pudding, the spices are added at the beginning; they are simmered together with other ingredients, and they are removed when the liquid is strained.

Puddings may be thick, medium thick, or thin (liquid). Thick puddings are usually chilled in pudding molds; medium-thick puddings are usually served cold, poured into serving dishes and sprinkles on the top with sugar so that no skin forms. Thin puddings are used as sauces. Use one level tablespoon of potato starch for one cup of thick pudding. Starch is added to the pudding, dissolved in some cooled pudding liquid.

When pudding is done, pour it into a mold, rinsed with cold water and sprinkles with sugar. Then it should be chilled. Unmold before serving. If the pudding does not unmold easily, put mold into hot water for a short time.

APPLE PUDDING

OBUOLIŲ KISIELIUS

5 apples	4 tablespoons potato starch
1 cup sugar	4 cups water
	Juice of ½ lemon

Wash sour apples, cut up and cook in water. Force through the sieve. Add sugar and bring to a boil. When it boils, stir in dissolved potato starch, bring to a boil again and pour into a mold.

Serve chilled, with milk and cream.

CRANBERRY PUDDING

SPANGUOLIŲ KISIELIUS

2 cups cranberries	5 cups water
1 cup sugar	Cinnamon, cloves, orange peel
1 cup potato starch	

Pick over cranberries, cover with cold water and cook until the berries burst. Strain cooked berries. If a clear pudding is desired, do not force berries through a strainer. Otherwise, force the berries through the strainer.

Simmer spices in water, separately. Strain, add to cranberries, together with the sugar. When sugar is dissolved, divide liquid in half. Bring half of the liquid to a boil. Dissolve potato starch in the other half of the liquid, add to the boiling liquid, stirring constantly, and bring to a boil. Pour into prepared mold and chill.

Serve with milk or cream.

RASPBERRY AND CURRANT PUDDING

AVIEČIŲ IR SERBENTŲ KISIELIUS

2 cups berries	3 tablespoons starch
1 cup sugar	3 cups water

Wash berries, pour in water and simmer. Force through sieve, add sugar and bring to a boil. Dissolve potato starch in some of the liquid, add to the rest of the liquid and bring to a boil. Chill and serve.

CHOCOLATE PUDDING

ŠOKOLADINIS KISIELIUS

4 oz. chocolate	5 cups milk
½ cup potato starch	Vanilla
½ cup sugar	

Dissolve chocolate in warm milk, mix with potato starch (use 1 cup milk). Add sugar and vanilla to remaining milk and bring to a boil. Stirring vigorously, add chocolate mixture to boiling milk. Beat well and bring to a boil again.

Serve with sweetened milk or cream.

CIDER PUDDING

GIROS KISIELIUS

6 cups cider	Sugar
1 cup potato starch	A piece of cinnamon, lemon peel

Simmer one half of the cider with spices, strain. Dissolve potato starch in the other half of the cider, add to the boiling cider, stirring vigorously. Mix well, bring to a boil, and pour into prepared mold. Pudding made from apple cider is especially good-tasting.

OATMEAL PUDDING

AVIŽINIS KISIELIUS

3 cups oatmeal flour
6 cups water
Salt

Mix flour with warm water, add a crust of black bread, cover and let stand in a warm place to sour. Let stand about 12 to 20 hours. Then mix well, strain and simmer until it thickens. When done, pour into prepared mold and chill.

Serve with poppy seed milk or with sweetened milk.

When cooking oatmeal pudding, cut-up dried fruit may be added.

GELATIN DESSERTS

Gelatin desserts are made from fruit and berry juices, liquors, grape wines, milk, sugar and gelatin.

Use 2-3 sheets of gelatin for each cup of prepared liquid. Soak gelatin in cold water. Remove after a few minutes, squeeze out and put into warm juice to dissolve. Then add to prepared liquid. If the gelatin dessert is cloudy, it may be clarified by using beaten egg white. Pour slightly beaten egg white into hot gelatin liquid, when the egg white hardens strain the liquid to remove it.

Rinse mold with water, sprinkle with sugar, pour in gelatin liquid and chill. Unmold before serving. To make unmolding easier, dip mold containing gelatin in hot water for a short time. Dry the mold and cover with a large plate. Holding the plate over the mold like a cover, invert the mold suddenly.

GELATIN

DREBUČIAI (Želė)

The simplest way to make gelatin dessert is to use the prepared powders sold in food stores. The method of preparation is indicated on the packages.

LEMON GELATIN

CITRINOS DREBUČIAI

2 lemons	4 cups water
1 ½ cups sugar	10 sheets gelatin

Simmer 4 cups of water with the sugar. Add grated lemon rind. Remove from heat, add lemon juice, strain. Add dissolved gelatin, mix well and chill. To give the gelatin a better color, add some caramel (burnt sugar).

BERRIES IN GELATIN

UOGOS DREBUČIUOSE

Various berries may be added to gelatin. Pick out attractive, whole berries (mixed berries may be used) and pour any kind of gelatin over them. Chill and unmold before serving. Garnish with whipped cream.

APPLES IN GELATIN

OBUOLIAI DREBUČIUOSE

Peel a few medium-sized apples, remove cores and cook. When done, stuff centers with berries, pour gelatin over them and chill.

Apples may also be sliced into sections, arranged in a mold and the gelatin poured over them.

TORTE WITH GELATIN

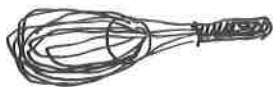
TORTAS SU DREBUČIAIS

3 eggs	1 cup black bread crumbs (fresh)
1 lemon	4 medium apples
3 tablespoons sugar	

Beat egg yolks with sugar, add juice of one lemon. Add bread crumbs (if dry bread crumbs are used, moisten them with milk or cream). Fold in egg whites. Bake in

a torte pan. When cooled, moisten torte using sweetened water.

Peel apples and cut into 4-6 parts. Cook the apples, drain and arrange the pieces on top of the torte. Pour any kind of gelatin over the apple pieces and chill. Garnish with whipped cream.



WHIPPED GELATIN DESSERTS

PUTĖSIAI (Musas)

Use less gelatin for making whipped gelatin desserts. For one cup of liquid use 1-2 sheets gelatin. Soak gelatin in cold water, squeeze out, put into a small pot and place the pot into hot water. When gelatin dissolves, mix with a few tablespoons of liquid. Pour dissolved gelatin into prepared liquid and whip the mixture until it turns into stiff, lightcolored foam. Pour the foam into a mold, rinsed out with water and sprinkled with sugar. Chill. Unmold on a serving dish or plate. Put the mold into hot water for a short time, to make unmolding easier. Serve dessert with berry juice or a sweet sauce. May be garnished with berries.

This method is used to make various whipped gelatin desserts.

LEMON WHIP

CITRINOS PUTĖSIAI

1 ½ lemon	½ cup sugar
2 ½ cups water	6 sheets gelatin

Simmer the water with lemon peel (peel should be very thin) and sugar. Remove from heat, strain. Add lemon juice, cool. Add dissolved gelatin and whip until light and fluffy. Pour into prepared mold and chill.

BREAD WHIP

DUONOS PUTĖSIAI

½ lb. dried black bread	5 cups water
½ lb. sugar	Cinnamon, cloves
8-10 cups gelatin	

Scald bread with boiling water, let stand, then strain. Simmer the liquid with sugar and spices and strain again. Add dissolved gelatin and whip until firm, white foam forms. Pour into prepared mold and chill. Serve with fruit or berry juices.

CREME DESSERTS

KREMAI

Creme desserts are made using sweet cream, eggs, milk, sugar, fruit gelatin. To flavor creme desserts, various flavoring extracts are used.

Some creme desserts are made with gelatin, others without. If the dessert is made without gelatin, it should be served right away, since it will collapse if kept for a longer time. Creme desserts with gelatin may be made the day before serving and kept chilled in a mold. Unmold before serving for attractive appearance.

WHIPPED CREAM

GRIETINĖLĖS KREMAS

Use fresh, heavy or whipping cream, since a thin cream cannot be whipped. Whip the cream in a cool place, until it is thick and firm. Then add powdered sugar (for 2 cups of cream use ½ cup sugar), add a few drops of arrack or raspberry extract, mix, shape into a mound. Garnish with berries and serve.

Whipped cream may be colored by using caramel (burned sugar) or cranberry juice.

APPLE CREME

OBUOLIŲ KREMAS

8 medium apples
½ cup sugar
3 egg whites

Force baked apples through sieve, add sugar and whip, adding one egg white at a time, until stiff white foam forms. Then add a few drops of arrack or other flavoring extract, shape into a mound and garnish with berries. Milk or cream is served with this dessert.

BAKED APPLE CREME

UŽKEPTAS OBUOLIŲ KREMAS

6 medium apples
3 egg whites
½ cup sugar

Bake apples, force through sieve. Add sugar and whip until light and fluffy. Then add beaten egg whites. Mix carefully, and bake in a low heat in the oven.

EGG CREME

KIAUŠINIŲ KREMAS

6 eggs	1 lemon
¾ cup sugar	6 sheets gelatin

Beat egg yolks with sugar, add lemon juice, beaten egg whites and dissolved gelatin. Mix well, pour into a mold, and chill. Unmold before serving and garnish with lemon slices or any kind of berries.

COFFEE CREME

KAVOS KREMAS

1 cup strong coffee	1 cup sugar
2 cups cream	6 sheets gelatin
3 egg yolks	

Beat egg yolks with sugar, add the coffee, cream and mix well. Heat, but do not boil. Cool, add dissolved gelatin and whip until it thickens. Pour into a mold and chill.

CHOCOLATE CREME

ŠOKOLADO KREMAS

4 oz. chocolate	½ cup sugar
3 cups cream	8 sheets gelatin
4 egg yolks	

Beat egg yolks with sugar and add chocolate dissolved in one cup of cream. Beat while heating, so that it will thicken. Remove from heat, and add dissolved gelatin. Whip in a cool place, or put the dish on a block of ice. Add remaining cream (whipped), mix well and pour into a mold. Chill.

Unmold before serving.

APPLE DISHES

APPLES WITH VANILLA SAUCE

OBUOLIAI SU VANILINIŲ PADAŽU

Peel 6-8 even-sized apples, remove cores and cook in sweetened water. When cooled, stuff apples with any kind of berries, or with chopped apple mixed with sugar and ground cinnamon. Put apples into a serving dish and pour vanilla sauce or cream over them.

APPLES IN MERINGUE

OBUOLIAI BALTVMUOSE

8 apples ½ cup sugar
6 egg whites Ground cinnamon

Peel apples, core and cook. Drain and put into casserole dish. Beat egg whites, mix with sugar and cinnamon, arrange mixture on top of the apples. Bake in low heat, then serve warm.

BREAD AND APPLE CASSEROLE

DUONOS APKEPAS

2 cups black bread crumbs 6 medium apples
1 cup cranberry juice 2 tablespoons butter or oil
1 cup sugar

Moisten bread crumbs with cranberry juice or milk. Peel apples and grate coarsely. Mix apples with sugar and cinnamon.

Grease casserole dish, put in bread and apple mixture in layers. Garnish top with apple slices. Bake in low oven about ½ hour. Serve warm or cold.

Serve with sweetened milk (to 2 cups of fresh milk add 1-2 tablespoons sugar and a very thin rind of lemon. Let stand about 1 hour and strain).

PUDDINGS

Puddings are made from cottage cheese, poppy seed, rice, eggs, sugar and other products. Puddings may be cooked in special molds or baked. Grease the mold, sprinkle with bread crumbs, add prepared pudding mixture (no more than ¾ of the contents of the mold), cover, put into a pot with boiling water and cook about 1 hour. When pudding is done, it will separate from the sides

of the mold. Remove from heat, and leave in the mold until serving.

To serve, unmold pudding on a plate or serving dish.

Puddings may also be baked in special heat-proof baking dishes. Grease the dish and sprinkle with bread crumbs. Pour in pudding mixture to not more than $\frac{3}{4}$ of the contents of the dish, and bake, uncovered, in the oven. The pudding is done when it separates from the sides of the baking dish.

Serve warm with sweet sauces or berry juices.

BREAD PUDDING

DUONOS PUDINGAS

6 eggs	$\frac{1}{2}$ cup cream or milk
1 cup sugar	1 tablespoon potato starch
1 cup dried black bread	Cinnamon, cloves

Beat egg yolks with sugar, add cinnamon and a dash of cloves. Soak bread in cream or milk and add to egg yolks. Beat the mixture until fluffy. Fold in beaten egg whites and starch, pour into prepared mold and cook or bake.

Serve with whipped vanilla or wine sauce.

COTTAGE CHEESE PUDDING

VARŠKĖS PUDINGAS

5 eggs	2 tablespoons butter
1 cup sugar	$\frac{1}{2}$ cup raisins
2 cups cottage cheese	4 tablespoons bread crumbs

Beat cottage cheese with butter; add egg yolks, one at a time, and 1 tablespoon of sugar with each yolk. Beat well after each addition. Add a dash of ground cinnamon, raisins, bread crumbs and beaten egg whites. Mix lightly, pour into mold and boil or bake.

Serve with a sauce, or baste with melted butter and sprinkle with cinnamon sugar.

PANCAKES

SALDŪS MILTINIAI VALGIAI

Pancakes are served for dessert only after a light dinner. They may also be served as a main dish for breakfast or supper.

PANCAKES WITH YEAST

SKLINDŽIAI SU MIELĖMIS

2 cups flour	2 tablespoons sugar
1 oz. yeast	1 ½ cup milk
2 eggs	

Mix yeast with sugar, add warm milk, add flour, beat well and put in a warm place to rise. Then beat well again, add remaining sugar, flour, egg yolks and beat very well. Fold in beaten egg whites, and when the dough rises spoon into hot fat in the frying pan. For frying use either butter or oil as desired.

Serve with sugar or preserves.

PANCAKES WITH APPLES

SKLINDŽIAI SU OBUOLIAIS

The above pancakes may also be made with apples. Peel apples and cut into pieces or grate coarsely. Mix into prepared dough and fry the same way as in above recipe.

When done, put pancakes in rows on a serving dish, sprinkle with sugar, and serve.

BUCKWHEAT PANCAKES

RAUGINTI SKLINDŽIAI

3 cups buckwheat flour	3 eggs
1 cup wheat flour	4 oz. butter
3 cups milk	Salt to taste
1 oz. yeast	

Scald $\frac{1}{2}$ of the buckwheat flour using the 1 cup of scalded milk. When cool, add $\frac{1}{2}$ of the wheat flour, a cup of warm milk and yeast mixed with sugar. Beat well and let rise. Then add egg yolks beaten with sugar, remaining flour, add milk if necessary and beat well. Add beaten egg whites, let rise again. Bake thick pancakes. When done, place pancakes one on top of another, baste with melted butter and cover. Serve with sour cream or preserves.

These pancakes may be prepared in various ways: with eggs, and without eggs. Flour may be mixed by using wheat and buckwheat flour, pea and wheat or barley flour, or all three varieties of flour in equal amounts.

STUFFED PANCAKES

LIETINIAI

2 eggs	1 oz. butter
2 cups flour	Sugar, salt
3 cups milk	

Beat egg yolks with sugar. Add milk, mix in flour and salt. Beat well, add remaining milk and beat again. Lastly, add beaten egg whites and mix lightly. Dough should be the consistency of sweet cream.

Heat the frying pan and brush with fat. Pour in enough dough to cover the bottom of the pan in a very thin layer. Move the frying pan to distribute the dough evenly. Fry pancakes on one side only and remove from the pan.

Cottage cheese filling:

1 cup cottage cheese	$\frac{1}{2}$ cup sugar
1 egg	

Beat cottage cheese well, add sugar and egg and beat well again. Raisins may be added to make this filling much tastier.

Apple filling:

6 apples	Some cinnamon
$\frac{1}{2}$ cup sugar	

Peel apples, cut into small pieces. Mix with sugar and cinnamon. Braise. Cool and use to fill pancakes.

For berry filling use thick preserves made from various fruits and berries. If raw berries are used, mix them with sugar.

Spread prepared filling on the baked side of the pancake and fold into a triangle, or roll up, or fold into an envelope shape. Saute the pancakes in butter. Sprinkle with sugar before serving.

PANCAKE CASSEROLE

UŽKEPTI LIETINIAI

Make pancakes as in above recipe, but bake on both sides. Put into casserole dish, spreading each one with one of the above fillings. For best taste, use apple filling. Garnish top with apple slices, sprinkle with sugar, dot with butter and bake 20 to 30 min. in a medium hot oven.

When done, serve in casserole dish. Berry juice or a sweet sauce may be served with pancake casserole.

FARINA DISHES

MANŲ KRUOPŲ VALGIAI

Farina dishes are nourishing, comparatively inexpensive and quickly made.

CREAM FARINA WITH PRESERVES

MANŲ KOŠĖ SU UOGOMIS

2 cups farina	1 oz. butter
6 cups milk	Cinnamon, preserves
½ cup sugar	

Pour farina into warm milk, stirring constantly. Add butter and simmer until farina is tender. When done, pour

into a bowl, sprinkle top with sugar and cinnamon. Serve with berry juice. Or the farina may be sprinkled with sugar and grated chocolate and basted with some melted butter. (Cocoa may be used instead of chocolate).

CREAM FARINA WITH EGGS

MANŲ KRUOPOS SU KIAUŠINIAIS

Prepare farina as described above. Beat 3 egg yolks with 3 tablespoons of sugar. Pour hot farina into the egg mixture and beat well. Then add beaten egg whites to the hot farina mixture, mix, pour into a bowl and chill. Garnish with berries and serve with berry juice.

COTTAGE CHEESE DISHES

VARŠKĖS VALGIAI

Cottage cheese — a food product rich in protein. Desserts made from cottage cheese are best served after dinner which was made from foods containing few proteins, for instance, vegetables.

COTTAGE CHEESE AND POTATOES

VARŠKĖ SU BULVĖMIS

1 lb. cottage cheese	Juice of 1 lemon
1 lb. cooked, sliced potatoes	1 teaspoon baking powder
1 cup sugar	3 eggs

Beat egg yolks with sugar, add potatoes, cottage cheese, lemon juice, baking powder, and beaten egg whites. Mix and pour into baking dish. Bake in medium oven (350-300°) about 1 hour.

Serve with berry juice.

COTTAGE CHEESE TORTE

VARŠKĖS TORTAS

3 eggs	1 teaspoon baking powder
3 cups flour	Juice of $\frac{1}{2}$ lemon
$\frac{1}{2}$ lb. cottage cheese	$\frac{1}{2}$ cup milk
1 cup sugar	

Beat egg yolks with sugar, add lemon juice, grated lemon peel (just the yellow part). Add cottage cheese, forced through a sieve, milk, a little at a time (quantity of milk depends on the dryness of the cottage cheese). Add beaten egg whites and the flour, mixed with the baking powder. Mix lightly, pour into baking dish and bake about 1 hour in medium hot oven.

Before serving, sprinkle with sugar and cinnamon. Sweetened milk or berry juice should be served with this dish.

SAUCES

Sauces make foods tastier, improve their appearance, make them juicier and more nourishing. Sauces should be matched to the foods. Foods with little flavor, such as boiled meat, are served with spicier sauces: horseradish, tomato, or others. Foods containing little protein and fat, such as vegetable dishes, are served with cream and butter sauces.

Sauces are divided into two main groups — hot and cold. Hot sauces are served with hot dishes, cold sauces are served with appetizers.



COLD SAUCES

OIL AND VINEGAR SAUCE

ACTO IR ALYVOS PADAŽAS

4 tablespoons wine vinegar	Ground pepper, sugar and salt
2 tablespoons oil	to taste

Mix all ingredients. If a less strong sauce is desired, dilute with boiled water.

This sauce is used for various salads

TOMATO SAUCE

POMIDORŲ PADAŽAS

2 tablespoons thick tomato paste	½ tablespoon flour
2 tablespoons oil	½ teaspoon sugar
1 onion	Ground pepper, vinegar, salt to taste

Saute flour in oil until browned, add finely chopped onion, tomato paste. Saute again. Dilute with hot water, mixing constantly. If gravy is lumpy, force through sieve. Add salt, vinegar, sugar and pepper, bring to a boil. Sauce should be thin.

SOUR CREAM SAUCE

GRIETINĖS PADAŽAS

½ cup sour cream
2 tablespoons wine vinegar
Pepper, salt, sugar to taste

Beat cream, add ground pepper, salt, vinegar and sugar to taste.

This sauce may also be made with egg yolk. Mix the yolk of a hard boiled egg with a bit of mustard, dilute with sour cream, add pepper, salt, vinegar and sugar.

SOUR CREAM SAUCE WITH HORSERADISH **GRIETINĖS PADAŽAS SU KRIENAIŠ**

½ cup sour cream	5 aromatic peppercorns
½ cup grated horseradish	1 bay leaf

Simmer 2 cups of water containing bay leaf and pepper 10 min. Add vinegar, salt and sugar to taste, bring to a boil, strain and pour over grated horseradish. When horseradish swells up, pour off marinade and mix horseradish with well-beaten sour cream.

SOUR CREAM SAUCE WITH MUSTARD **GRIETINĖS PADAŽAS SU GARSTYČIOMIS**

½ cup sour cream
1 tablespoon oil
½ tablespoon prepared mustard

Blend mustard with oil. Add sour cream, a little at a time, mix well. Add salt, sugar and vinegar to taste.

This sauce is used for herring, hard boiled egg and various salad dishes.

MUSTARD SAUCE **GARSTYČIŲ PADAŽAS**

2 eggs
1 tablespoon prepared mustard
4 tablespoons oil

Force boiled egg yolks through the sieve, mix well with mustard, and oil. Season with vinegar, salt, sugar and pepper.

This sauce may be used for herring and salad dishes.

TOMATO MUSTARD

POMIDORINĖS GARSTYČIOS

1 cup thick tomato paste	2 tablespoons oil
1 teaspoon sugar	1 tablespoon prepared mustard

Saute tomato paste with oil, cool, add mustard, sugar, salt, vinegar and mix lightly.

This is served instead of horseradish with meat dishes.

HORSERADISH WITH VINEGAR

KRIENAI SU ACTU

Put grated horseradish into a glass dish and cover immediately so that it will not discolor. Dilute vinegar with boiled water, add salt, sugar to taste. Stir until sugar and salt melt and pour into grated horseradish.

Horseradish may be colored in the following way: pour diluted vinegar over a couple of tablespoons of grated cooked red beets. Let stand ½ hour. Strain vinegar, add sugar and salt and pour into grated horseradish.

Keep prepared horseradish in a tightly covered jar.

MAYONNAISE

MAJONEZAS

½ cup oil	1 egg yolk
½ teaspoon prepared mustard	2 tablespoons lemon juice
½ teaspoon sugar	Salt, to taste

Beat raw egg yolk, mustard and salt while adding oil, pouring the oil in a thin stream. When mixture starts to thicken, add several drops of lemon juice, beating constantly. Finish pouring in the oil, add lemon juice, sugar and salt to taste. This sauce should be the consistency of sour cream.

It is not easy to prepare mayonnaise so that it will thicken. The ingredients for mayonnaise should be kept

at room temperature for several hours so that they are not cold. All ingredients should be of equal temperature. If the mayonnaise is too thin, it may be corrected. Take $\frac{1}{2}$ raw egg yolk, $\frac{1}{2}$ teaspoon prepared mustard, 3-4 drops cold water and beat until the mixture begins to thicken. Beating constantly, add the too thin mayonnaise to the mixture. Another way to thicken mayonnaise is to add white sauce to it. In this case, saute $\frac{1}{2}$ tablespoon flour in $\frac{1}{2}$ tablespoon oil. Dilute with a bit of broth, stir, let simmer, force through the sieve, cool and mix with the mayonnaise.

It is easier to prepare mayonnaise using a hard boiled egg yolk. Force the yolk through the sieve to make it smooth. Proceed using the method for making mayonnaise using a raw egg yolk.

From the above basic mayonnaise, various other mayonnaises can be made: mayonnaise with sour cream, with horseradish, with aspic and others. The methods used to prepare the above mayonnaise mixtures are very simple.

To make mayonnaise with sour cream: take basic mayonnaise and add $\frac{1}{2}$ - $\frac{1}{3}$ of its amount of sour cream (good quality). Add mustard, sugar, white pepper and lemon juice to taste.

Mayonnaise with horseradish is prepared by using basic mayonnaise and adding grated horseradish to taste.

Mayonnaise with aspic is made from basic mayonnaise, adding cooled but not yet firm meat or fish aspic broth. (One part mayonnaise, two parts meat or fish aspic broth).

This sauce is used with boiled young pig, fish, stuffed tomatoes. This sauce may be beaten to form a fluffy foam.

MEAT ASPIC

MĚSOS DREBUČIAI

3 lbs. meat with bones (beef, poultry, mainly veal)	1 stalk celery
$\frac{1}{2}$ carrot	1 bay leaf
$\frac{1}{2}$ onion	6 aromatic peppers
$\frac{1}{2}$ parsley root	2 cloves
	Salt to taste

Aspic is made from a clear broth containing a large amount of gelatine matter. The same broth where the meat cooked is usually used for its aspic. If such a broth is not available, then, using the meat and bones as listed in the ingredients, and soup greens and spices, cook a meat broth.

Broth used for aspic must be prepared properly, so that it will become firm when chilled. If necessary, gelatin should be added, and, if it is not clear enough, it must be clarified. Remove fat from the broth, strain and let stand 20-30 minutes so that the sediment will settle. Pour off the broth carefully, in order not to disturb the sediment. If necessary, gelatin soaked in cold water should now be added to the broth, and stirring, heat the broth until gelatin dissolves.

To clarify the broth, beat an egg white, dilute using one cup of cooled broth, add to the broth, stir and simmer in a covered pot. Remove from heat, let stand 10-15 minutes to settle. Pour off through a strainer, leaving the sediment in the pot.

If broth is still not clear, repeat the procedure.

Broth prepared in this way should be chilled. It should become quite firm. The aspic is used with cold meat dishes.

The aspic is always tastier if no gelatin or very little gelatin is added to the broth.

Fish aspic is prepared the same way as the meat aspic. Instead of meat, use the same quantity of fish with bones.

MARINADES MARINATAI

Marinade is diluted vinegar, cooked with various spices. There are various kinds of marinades: marinade with spices, marinade with spices and flavoring vegetables, and the sweet marinade. For some dishes, marinade is used instead of a sauce. Herring, vegetables and fruit may be poured over with a marinade.

Marinade is usually made using a 3% strength vinegar. Table vinegar is diluted with $\frac{1}{2}$ of water. 9% vinegar must be diluted with 2 parts of water; 80% vinegar should be diluted more. This type of vinegar is used diluted as follows: 2 tablespoons vinegar to 1 quart of water.

To make marinade, it is better to use a vinegar stronger than 3%. In this case, the spices may be cooked in water and the vinegar is added later. If vinegar is cooked together with the spices, large part of the vinegar evaporates during cooking.

To lessen evaporation of vinegar and aromatic spices, the marinade must be cooked and cooled in a covered dish.

Since the acid in vinegar dissolves some metals and thereby forms matter harmful to the human organism, the pot used for making marinade should be enamel or glass.

MARINADE WITH SPICES

MARINATAS SU PRIESKONIAIS

2 cups water	12 peppercorns
2 cups 6% vinegar	12 aromatic peppers
2 bay leaves	Salt and sugar to taste
5 cloves	

Put sugar, salt, to taste into boiling water, add spices and simmer covered, over low heat 10-15 min. Then add the vinegar, bring to a boil, cool immediately and strain.

This marinade may be used to marinate vegetables: tomatoes, cucumbers and mushrooms.

MARINADE WITH FLAVORING VEGETABLES

MARINATAS SU PRIESKONINĒMIS DARŽOVĒMIS

2 cups water	1 onion, medium
2 cups 6% vinegar	1 carrot
1 teaspoon sugar	$\frac{1}{2}$ parsley root
5 cloves	$\frac{1}{4}$ stalk celery
1 bay leaf	Salt to taste
12 peppercorns	

Put sliced onion, carrot, parsley, celery, peppercorns, bay leaf, cloves, salt and sugar to taste into boiling water. Cover the pot, and let simmer over low heat 20-25 min. When done, add the vinegar, bring to a boil and cool immediately.

This marinade is used to marinate herring and meats.

SWEET MARINADE

SALDUS MARINATAS

2 cups water	5 cloves
1 cup wine vinegar	¼ stick cinnamon
1 ½ cup sugar	6 aromatic peppers

Simmer water and sugar and all the spices 15 minutes, skimming the foam from the surface. When done, add the vinegar, a dash of salt, and bring to a boil.

This marinade is used to marinate fruit or berries, or to make fruit and berry sweet salad. Sweet marinade uses less vinegar. The amount of sugar depends on the sweetness of the fruit.

FLAVORED BUTTERS AND SPREADS

UŽKANDŽIAI — SVIESTAS IR SVIESTINĖS MASĖS

Butter served with appetizers may be natural or flavored. To make flavored butter, sprats, herring or other food products are forced through a sieve and added to the butter. The name of the butter spread is taken from the ingredient added to the butter, for instance, sprat, horseradish, tomato butter, etc. Butter should comprise ½ or more than ½ of the total ingredients. Flavored butter may be served as a separate dish. It should be shaped into a mound, smoothed out with a knife or spoon, or it may be cut into attractive pieces and placed on a serving dish.

Flavored butter may be used to make sandwiches and to garnish appetizers.

Besides flavored butter, various appetizer spreads may be used to fill layered sandwiches, stuff eggs or tomatoes. Examples are cottage cheese, mushroom, liver, herring and other spreads.

Appetizer spreads may also be served as a separate dish.

SPRAT BUTTER

ŠPROTŲ AR KILKIŲ SVIESTAS

4 oz. butter

4 oz. sprats

Beat butter until white. Clean sprats, force through sieve and add to the butter. Beat until mixture is fluffy, add salt if necessary. This butter may be squeezed through a tube to decorate sandwiches, meat or fish appetizers, or it may be served as a separate dish. If served separately, shape on a serving platter into a 1-inch thick square, or into the shape of a fish, ornament the top using a knife, chill to harden and cut into small pieces.

HERRING BUTTER

SILKIŲ SVIESTAS

4 oz. butter

2 tablespoons oil

1 herring

2 tablespoons bread crumbs

1 small apple

Dash pepper and nutmeg

1 onion

Soak and clean herring, remove bones and force through a sieve, together with onion, sauteed in butter, bread crumbs, and grated apple. Instead of fresh apple, cooked dried apples may be used. Add this mixture to well beaten butter, add ground pepper, dash of nutmeg, oil and beat until fluffy. May be used to garnish appetizers or to make sandwiches.

Herring butter may be made without using other ingredients, in the same way as sprat butter above.

FISH BUTTER

ŽUVIES SVIESTAS

4 oz. butter	1 heaping tablespoon bread
8 oz. canned fish	crumbs
1 small apple	

Force through a sieve the canned fish (together with the juices), grated apple, bread crumbs. Add the mixture to well beaten butter. If necessary, add a dash of salt, some sugar, and beat until well blended and fluffy.

If the canned fish contains tomato sauce, leave out the apple.

This may be used to garnish fish appetizers or it can be served as a separate cold dish.

TOMATO BUTTER

POMIDORŲ SVIESTAS

4 oz. butter	1 heaping tablespoon bread
2 tablespoons thick tomato paste	crumbs

Beat butter and bread crumbs until white, add tomato paste, salt if necessary, and beat until fluffy.

HORSERADISH BUTTER

KRIENŲ SVIESTAS

4 oz. butter
2 tablespoons grated horseradish

Beat butter until white, add grated horseradish and beat until fluffy. When done, add salt.

CHEESE BUTTER

SŪRIO SVIESTAS

2 oz. butter
4 oz. Holland cheese
1 tablespoon thick tomato paste

Put grated cheese into well beaten butter and beat until fluffy. Add the tomato paste and salt, if needed. Beat well.

CHEESE SPREAD

SVIESTINĖ SŪRIO MASĖ

1 oz. butter
4 oz. Holland cheese
½ cup sour cream

Mix grated cheese with sour cream, add to well-beaten butter, and beat well. Spread should be thick.

May be used to make sandwiches, or to stuff tomatoes.

COTTAGE CHEESE SPREAD

SVIESTINĖ VARŠKĖS MASĖ

10 oz. good quality cottage cheese 1 yolk of a hard boiled egg
4 oz. butter ½ cup sour cream

Force cottage cheese and egg yolk through sieve. Add sour cream, salt and sugar to taste, and beat well.

May be used for sandwiches, or as a separate dish for breakfast.

MUSHROOM SPREAD

SVIESTINĖ GRYBŲ MASĖ

1 cup cooked chopped mushrooms 2 tablespoons sour cream
1 onion 1 heaping tablespoon bread

crumbs
1 oz. butter
1 tablespoon oil

Cook and chop dried mushrooms, saute in oil together with the onion. Cool, add bread crumbs and grind in a meat grinder. Mix with sour cream, add to well-beaten butter and beat well. Season with salt, vinegar and sugar.

LIVER SPREAD

SVIESTINĖ KEPENŲ MASĖ

10 oz. calves liver	1 onion
7 oz. butter	½ cup broth

Wash liver and cut into small pieces. Saute in butter, together with the onion (chopped). Grind in meat grinder twice. Beat the mixture, adding the broth. The mixture may also be forced through a strainer if desired. Then add the mixture to well beaten butter. Add ground pepper, nutmeg, salt and beat until fluffy.

May be used for making sandwiches or be served as a separate dish.

HOT SAUCES

The basis of a sauce is a liquid — broth (meat, fish, mushroom), milk, sour cream, fats (butter, oil), sometimes also diluted vinegar. To thicken the sauce, sauteed flour is used; seasonings include salt, sugar, lemon juice, lemon extract, vinegar, mushrooms, horseradish, tomato paste, flavorful vegetables, etc.

The basic sauces are the brown sauce and the white sauce. By adding different ingredients, they are used to make many other sauces.

The brown sauce is made from browned meat broth and flour, sauteed until light brown. To keep the brown color, burnt sugar should be added. This sauce is used to make brown sauce with wine, brown sauce with mush-

rooms, onion and other sauces.

White sauce is made from yellow or white meat broth and flour, sauteed until light golden. From this basic sauce the white sauce with eggs, mustard, tomatoes, etc., may be made.

When preparing white or other sauces to be used with fish dishes, fish broth must be used instead of meat broth.

To make sauces, butter is usually used, because it has a pleasant taste and smell, which very much improves the sauce.

For sauces with mushrooms and for cold sauces, where the hardening of the fat is undesirable, oil is used.

THE PREPARATION OF BROTH, FLOUR, VEGETABLES AND OTHER INGREDIENTS IN THE MAKING OF SAUCES

BROWN BROTH

Brown broth for brown sauces is made from roasted beef, lamb, pork or other meat bones. Chop bones and roast in hot oven, together with large pieces of carrots, parsley, onion, until the bones are browned. Then put the bones in a pot, together with sauteed vegetables, pour hot water over them and cook in an uncovered pot for 3 to 4 hours. When done, strain the broth and use for the sauces.

SAUTEEING THE FLOUR

Sauces are thickened with flour. Saute the flour before adding to the sauce. If the flour is not sauteed properly, the sauce will have an unpleasant, raw-flour taste, and a glue-like appearance. Flour is sauteed with fat or without fat (dry method).

Flour must be sauteed in hot fat. For white sauces, it must be sauteed until light golden, for brown sauces until it is light brown. Then the flour is diluted with the broth.

When sauteeing flour using the dry method, use a thin layer of flour in a frying pan and stir often until the flour turns light yellow or light brown. Using this method, less fat is added to the sauce. Therefore, the flour may be sauteed in a larger quantity, and after diluting with cold broth, may be poured directly into soups or sauces.

SAUTEEING OF THE VEGETABLES

Chopped vegetables, to be used for sauces, should not be sauteed all together. First, saute the onion in fat, then add carrots, then parsley or celery. When almost done, add tomato paste. Sauteed tomato paste gives a good color to the sauce. If it cannot be sauteed together with the vegetables, then it should be sauteed separately, with a bit of fat, or it may be added to the sauteed flour.

BURNED SUGAR

Burned sugar colors the sauces a brown color, and improves the taste. Pour sugar into a frying pan, moisten with water and saute until browned. Then add water and simmer until the sugar melts. Do not over-brown the sugar, or it may turn bitter.

LOBSTER BUTTER

Dry boiled lobster shells, grind them and saute in butter until dark golden. Then add water, simmer briefly, let stand to settle, strain, and cool. When the butter hardens, pour off water carefully. Lobster butter, prepared in the above way, should be used to flavor sauces used for fish dishes.

PAN JUICES

Meat, roasted in large pieces, releases a good quantity of pan juices which may be used to make sauces. To protect pan juices from burning, add some water to the roasting pan. When the roast is done, remove it from the roasting pan, skim off the fat from the juices, add water or broth as needed for the sauce, and simmer briefly to melt the juices. Taste to see if seasoning is needed, strain and pour over the meat.

If the color of the pan juices is too light, some burned sugar may be added. To thicken, add potato starch and simmer briefly.

Pan juices are much tastier and of a better color if the roast is roasted with vegetables such as carrots, parsley, celery, onions.

When meat is fried in small pieces in the frying pan, the juices with the fat are diluted with water and simmered for a short time. The juices of poultry and fish are also used for sauces. Sour cream is sometimes added to poultry or fish juices.

BASIC BROWN SAUCE

RAUDONASIS PADAŽAS

1 tablespoon butter	¼ parsley
1 tablespoon flour	¼ onion
1 teaspoon sugar	2 ½ cups brown broth
2 tablespoons tomato paste	1 bay leaf
½ carrot	Salt, pepper

Saute flour in butter (or use dry method) until browned. While stirring, slowly dilute with brown broth and simmer. Add chopped, sauteed in fat vegetables, tomato paste, bay leaf, pepper and simmer ½ hour. When the vegetables are tender, strain the sauce, force vegetables through the sieve, add burned sugar and salt.

This sauce is used to make other sauces. If it is served as is, butter should be added to it and it should be heated.

BROWN SAUCE WITH WINE

RAUDONASIS PADAŽAS SU VYNU

2 cups basic brown sauce
¼ cup red table wine

Add wine to prepared basic brown sauce (before adding butter) and bring to a boil.

May be served with braised meat, tongue, kidneys and other dishes.

BROWN SAUCE WITH MUSHROOMS

RAUDONASIS PADAŽAS SU GRYBAIS

2 cups basic brown sauce	1 onion
½ cup cooked dried mushrooms	Lemon juice
½ tablespoon butter	

Make a basic brown sauce. Chop cooked mushrooms and onions finely, saute in butter and add to the sauce. So that the sauce may not be too thick, add strong brown broth and simmer 10-15 min. Then add lemon juice and butter.

May be served with braised meat, fish, or vegetable casseroles.

ONION SAUCE

SVOGŪNŲ PADAŽAS

2 cups basic brown sauce	1 tablespoon vinegar (9%)
1 onion	1 tablespoon butter

Make basic brown sauce. Saute finely chopped onion in butter, add vinegar and simmer until almost all liquid evaporates. Add the onions to the brown sauce and simmer 10 min. Then add butter, and some sugar if necessary.

May be served with braised meat, hamburgers or croquettes and some vegetable dishes. May also be used for casseroles.

SWEET-SOUR SAUCE

SALDŽIARŪGŠTIS PADAŽAS

½ tablespoon butter	1 ½ cup broth
½ tablespoon flour	½ lemon
½ cup wine	Salt, sugar
½ cup raisins	

Saute flour until browned, in butter, dilute with meat or fish broth. Simmer, strain, add burnt sugar, lemon juice or chopped lemon, raisins, wine and bring to a boil.

Thinly slices plums may be added to this sauce.

May be served with boiled meat, and fish dishes.

BASIC WHITE SAUCE

BALTASIS PADAŽAS (Pagrindinis)

1 tablespoon flour	Lemon juice
1 tablespoon butter	Salt, pepper, dill
2 cups meat or fish broth	

Saute flour in butter (or use dry method) until golden. Dilute with broth while stirring and simmer 10-15 min. If gravy is lumpy, strain. Then add salt to taste. Before serving, season with lemon juice, white pepper and dill. This sauce is used mainly in making other sauces.

For fish sauces, use fish broth instead of meat broth.

WHITE SAUCE WITH EGGS

BALTASIS PADAŽAS SU KIAUŠINIAIS

2 cups basic white sauce	Nutmeg, ground pepper, salt
2 egg yolks	Parsley leaves
Lemon juice	

Make basic white sauce. Beat egg yolks with salt, add to sauce. Heat, stirring constantly, until it thickens. Do not boil. Add lemon juice, ground nutmeg, ground pepper and finely chopped parsley leaves. This sauce made with meat broth may be served with veal, chicken or tame rabbit. It is frequently used for casseroles.

For fish dishes, use fish broth instead of meat broth in making this sauce.

WHITE SAUCE WITH WINE

BALTASIS PADAŽAS SU VYNU

2 cups basic fish white sauce	½ parsley root
2 egg yolks	¼ cup grape wine
½ cup sliced onion	Lemon juice
½ tablespoon butter	Salt, pepper

Saute finely cut up vegetables with a bit of butter, add to prepared white sauce and simmer ½ hour. When almost done, add the wine. Remove sauce from heat and let cool slightly.

Put egg yolks into a small enamel or glass pan, add ½ tablespoon cold water, a little butter, and heat stirring constantly, until the egg yolks thicken.

Add the egg yolks to the white sauce. Season with lemon juice, ground pepper, salt. Mix well, strain if necessary. This sauce is served with fish dishes.

MUSTARD SAUCE (Hot)

GARSTYČIŲ PADAŽAS (Karštas)

1 cup broth	1 teaspoon prepared mustard
½ tablespoon flour	Sugar, salt, pepper
½ tablespoon butter	Lemon juice

Saute flour in butter until light golden. Dilute with the broth. Simmer, strain if necessary, add mustard, ground pepper, lemon juice, salt, sugar, and heat until it boils.

May be served with meat dishes. Sour cream or tomato paste may be added to the sauce.

TOMATO SAUCE

POMIDORŲ PADAŽAS

½ tablespoon flour	½ onion
2 oz. butter	½ parsley root
1 ½ cup meat or fish broth	1 cup tomato paste
½ carrot	Pepper, bay leaf, sugar, salt
	Lemon juice

Saute flour in butter (or use dry method). Dilute with meat or fish broth. Add chopped vegetables, sauteed in butter and tomato paste, a dash of pepper and the bay leaf and simmer ½ hour. Strain the sauce, force vegetables through the sieve. Add lemon juice, sugar and salt. Heat until boiling and add butter. Sauce may be served with various meat and fish dishes.

TOMATO SAUCE WITH MUSHROOMS

POMIDORŲ PADAŽAS SU GRYBAIS

2 cups tomato sauce	1 onion
½ tablespoon butter	Pepper, garlic, salt
½ cup cooked mushrooms	

Saute finely chopped onion in butter or oil, add fresh or dried cooked mushrooms, cut into julienne strips, saute a few minutes more. Put mushroom mixture into prepared tomato sauce and simmer 10 minutes. Then add a bit of chopped garlic, pepper and butter.

Sauce may be served with meat, especially poultry, vegetables, and some cereal dishes.

SOUR CREAM SAUCE

GRIETINĖS PADAŽAS

1 tablespoon flour	1 cup broth
1 tablespoon butter	1 cup sour cream

Saute flour in butter until light golden, dilute with meat, fish or vegetable broth, stirring constantly. Simmer 10 minutes. When almost done, add sour cream and salt.

Egg yolks, sugar and lemon juice may be added to this sauce. To thicken sauce, heat after adding egg yolks. This sauce may be used for casseroles.

Sour cream sauce may be served with meat, vegetable and fish dishes.

SOUR CREAM SAUCE WITH TOMATOES

GRIETINĖS PADAŽAS SU POMIDORAIS

1 tablespoon flour	½ cup sour cream
1 tablespoon butter	½ cup tomato paste
1 cup broth	

Saute flour in butter until golden, add tomato paste and saute again. Dilute with meat or fish broth and simmer 10 minutes. If necessary, strain the sauce, add the sour cream, pepper, salt and heat to boiling.

Sour cream sauce with tomatoes may be served with boiled or braised meats, fish and some cereal and vegetable dishes.

If the sauce is used for casseroles, add one beaten egg.

SOUR CREAM SAUCE WITH ONIONS

GRIETINĖS PADAŽAS SU SVOGŪNAIS

1 tablespoon flour	1 ½ cup broth
1 tablespoon butter	½ cup sour cream
1 onion	

Saute flour in butter until golden, dilute with the broth. Add onion, sauteed in butter, ground pepper, salt, and simmer 5 minutes. Then add the sour cream. This sauce may be served with roasts, fish and some vegetable dishes.

Tomato paste may be added to this sauce.

HORSERADISH SAUCE (HOT)

KRIENŲ PADAŽAS (Karštas)

2 cups sour cream sauce	1 bay leaf
1 cup grated horseradish	½ tablespoon butter
2 tablespoons vinegar (9%)	Ground pepper

Saute grated horseradish in butter, add pepper, bay leaf, vinegar and braise. Add sour cream sauce, and simmer 5 minutes.

Horseradish sauce may be served with boiled meat, tongue. If used with fish dishes, this sauce should be made using fish broth instead of meat broth. For casseroles, add egg yolks to the sauce and do not bring to a boil after the yolks are added.

MILK SAUCE

PIENO PADAŽAS

1 tablespoon flour
1 tablespoon butter
2 cups milk or cream

Saute flour in butter until golden, add hot milk, a little at a time, stirring constantly. Add salt and simmer 5 minutes.

This sauce may be made thin, medium thick and thick. Thin sauce is used with vegetables or cereal dishes, medium thick — for casseroles, and the thick sauce for stuffings. The thickness of the sauce depends on the quantity of the flour. If sauce is used for stuffings or casseroles, raw eggs or egg yolks are usually added. Do not bring sauce to a boil after adding eggs.

MUSHROOM SAUCE

GRYBŲ PADAŽAS

1 tablespoon butter	5 dried mushrooms (baravykai)
1 tablespoon flour	¼ cup oil
1 onion	Salt
2 cups mushroom broth	

Cut cooked mushrooms into julienne pieces. Saute in butter together with the onion. Saute flour in butter or oil until golden, dilute with mushroom broth and simmer 10 minutes. Then add the mushrooms and onions, salt to taste. Sour cream or tomato paste may also be added.

Mushroom sauce may be used for vegetable, meat or cereal casseroles and may be served with potato and cereal dishes or croquette.

HOLLANDAISE SAUCE

OLANDIŠKAS PADAŽAS

2 heaping tablespoons butter	2 tablespoons water
(5 oz.)	Juice of ½ lemon
2 egg yolks	Salt to taste

Separate egg yolks from the whites carefully. Put yolks into small enamel pot, add the water, some of the butter, cut into small pieces, and mixing with a wooden spoon heat slowly, until mixture thickens and the egg yolks blend smoothly with the butter. Constantly stirring, slowly add remaining melted butter to the mixture, add lemon juice and salt to taste.

While making this sauce, be careful not to overheat it, since then the butter will separate from the yolks. It is best to make this sauce in a double boiler.

Hollandaise sauce is served with boiled fish, cauliflower, asparagus.

If a less rich sauce is desired, it may be made by using white sauce. Put 1 tablespoon butter and egg yolks into ½ cup white sauce and heat while stirring. Then add lemon juice and salt.

Prepared mustard and a dash of pepper may be added to hollandaise sauce. This sauce is sharp and it may be served with boiled tench, cod, or other fish.

BUTTER WITH BREAD CRUMBS

SVIESTAS SU DŽIUVEŠELIAIS

2 ½ oz. butter
1 heaping tablespoon bread crumbs

Saute bread crumbs with some of the butter until golden, then add the remaining melted butter and some lemon juice.

This sauce may be used with cauliflower, Brussels sprouts, asparagus and other dishes.

LOBSTER SAUCE

VĖŽIŲ PADAŽAS

1 tablespoon flour

2 egg yolks

1 tablespoon lobster butter

Lemon juice, salt

2 oz. butter

Put raw egg yolks, lobster butter, and butter, cut into small pieces, into a pot and stirring constantly, heat slowly until the mixture thickens. Add salt, flour sauteed in butter, lemon juice. Mix thoroughly and force through sieve.

To make lobster butter: saute butter with ground lobster shells, add some water and bring to a boil. Let stand to settle, remove the fat and strain.

SWEET SAUCES

Desserts are usually served with berries, berry juice, sweetened milk or a sweet sauce. The sauce should be matched to the food, for instance, a light-colored dish would call for a darker sauce and vice versa. Also, a slightly tart sauce should usually be served with a sweet food; if the dish is tart, the sauce should be sweet.

In all sauce where potato starch is used, a proper proportion should be observed: for every two cups of liquid use one teaspoon of potato starch. Dissolve the starch in $\frac{1}{4}$ cup of the liquid.

For every two cups of liquid use $\frac{1}{2}$ cup sugar. Wine should also be used up to $\frac{1}{2}$ cup.

If egg yolks are used, three egg yolks should be used for every two cups of liquid.

CHERRY SAUCE

VYŠNIŲ PADAŽAS

1 cup cherry juice	½ cup red wine
1 cup water	Lemon peel and cinnamon
1 teaspoon potato starch	

Cover lemon peel and cinnamon with water and simmer. Strain, add the juice, wine, and bring to a boil. Add potato starch, dissolved in cold water, and bring to a boil again.

PLUM SAUCE

SLYVŲ PADAŽAS

1 cup good plum juice	4 cloves, cinnamon
1 cup water	½ cup wine
1 teaspoon potato starch	

Instead of plum or other fruit juice, fresh fruit and sugar to taste may be used. Method of preparation is the same as above.

VANILLA SAUCE

VANILINIS PADAŽAS

2 cups milk or cream	3 egg yolks
1 stick vanilla	¼ cup sugar

Beat egg yolks with the sugar, add milk, simmered with vanilla. Mix and heat to thicken. Do not bring to a boil.

CHOCOLATE SAUCE

ŠOKOLADINIS PADAŽAS

2 cups milk or cream	1 teaspoon cocoa
1 stick vanilla	¼ cup sugar
3 egg yolks	

Beat egg yolks with sugar, add cocoa and mix well. Add milk, simmered with vanilla, mix and heat to thicken. Do not bring to a boil.

LEMON SAUCE

CITRININIS PADAŽAS

1 lemon	2 cups water
1 cup sugar	3 egg yolks

Simmer the peel of one lemon in the water and sugar. Add lemon juice and strain. Beat egg yolks with some sugar and add cooled liquid to them. Mix and heat to thicken. Do not bring to a boil.

SWEETENED MILK

PASALDYTAS PIENAS

Instead of sauces, milk with sugar added to taste, and the yellow part of the lemon peel, may be served. Let the milk stand a couple of hours, strain and serve.

POPPY SEED MILK

AGUONŲ PIENAS

Pour hot water over 2 cups of poppy seeds and let stand 4 hours. Pour off the water and crush the seeds or grind several times in the meat grinder. Pour hot water into the crushed seeds, strain through a dense sieve and add sugar to taste.

Poppy seed milk may also be served unstrained, if desired.

COCOA SAUCE

KAKAVOS PADAŽAS

2 cups milk	4 tablespoons sugar
3 egg yolks	1 tablespoon cocoa

Beat yolks with sugar, add cocoa, mix. Add hot milk, simmered with vanilla, mix and heat to thicken. Do not bring to a boil.



BAKING

An old Lithuanian proverb states: "If a woman cannot bake bread, she is not a homemaker". From ancient times, baking was considered to be a very important task of the homemaker.

With the passage of time, lifestyles and customs change. Now the homemaker is not only expected to know how to bake bread, but also cakes and other baked goods.

If we wish to be good bakers, we must remember several things, on which the success of this task depends. First of all, in baking anything, we must know the amounts of the ingredients, since by mixing the ingredients inaccurately we may well ruin the baking.

Another very important item to know is how fast the oven heats up, and how long it holds an even heat.

It is essential to take the baked goods out of the oven at the correct time. If this is done too early, the baked goods may be slightly underdone and may collapse. If the baked goods are put back into the oven to finish baking, they will only dry out and lose their taste. Before removing the baked goods, insert a clean and dry toothpick into them; if the toothpick comes out dry, then the baking is done. The baked goods may now be removed from the oven. If the toothpick comes out coated, then leave the baked goods in the oven — they are not yet done.

Cakes and breads made with yeast must be very well kneaded and should have sufficient time to rise properly. Use dry, fresh flour and fresh yeast. It is essential to use correct amounts on ingredients and to follow the given method in detail. Do not prepare the dough too early, before the oven heats up.

If we do everything in an orderly manner, we will not be disappointed; our baking will be tasty and successful.

Baking, which is left to stand to sour, must be beaten very well. This type of baking needs warmth and exceptional cleanliness. If the dough is cured in not too clean containers, the dough will acquire a bad taste.

When baking breads or yeast cakes, do not spare work to knead them very well. When the dough is well-kneaded it becomes light and fluffy. This dough will rise well and evenly. Breads and cakes made from such dough will keep better and will not fall when baked.

Many tortes, light cakes and cookies are made without using yeast or any other kind of leavening. Such baking is made by using more eggs. However, eggs make the dough heavy if they are added in an ordinary way. To put eggs into baking a certain procedure must be followed. Separate the whites from the yolks. Beat the yolks very well with sugar or butter, whichever is indicated in the recipe. Egg whites are beaten into foam. They should be beaten in a cool place and in a clean dish. Great care must be taken that flour, water or other ingredients are not added to the egg whites, since this will keep the egg whites from whipping properly. The whipping of egg whites will also be affected if there are a couple of not very fresh eggs used in the egg whites, or if a frozen egg white is used, or even if some of the yolk gets into the egg whites.

Properly whipped egg whites, picked up in a spoon, will not fall off the spoon if it is inverted. They are white in color. Beaten egg whites may not be kept for a long time. They must be folded into prepared dough and put into the oven. Well beaten egg whites and beaten egg yolks make the dough soft and fluffy and act as a raising agent. However, they are not sufficient to raise the dough. Yeast, or other leavening is added to such doughs.



YEAST

Yeast consists of small, live fungi, which multiply rapidly given favorable conditions.

Favorable circumstances for multiplication include sufficient heat, food and air. Yeast is killed by being placed into a temperature higher than that of the human body. Therefore, when making a yeast dough, we must be careful that the milk or water is not too hot. The milk or water should be lukewarm. Yeast multiplies well if it has sufficient air, therefore long, vigorous kneading is required for all yeast doughs. The food that the yeast fungi require is found in the flour and milk from which the dough is made.

Bought, pressed yeast is usually used for baking, however sometimes a housewife will use homemade (beer) yeast. Such yeast must be kept in a cold place, changing the water frequently; otherwise it will sour and will give the dough a bad taste.

It is best to use bought, pressed yeast: it has good taste, the dough raises faster, and the finished product is not sour.

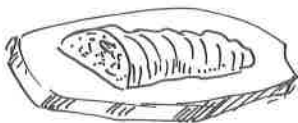
When buying yeast, make sure that it is white in color, that it is not dry and does not have a bad, sour smell. Dry-looking yeast is usually not fresh. It does not raise the dough properly and gives it a sauer-bitter taste.

The yeast must be dissolved before it is put into the dough. It may be dissolved in several tablespoons of milk or diluted with a teaspoon of sugar. This is done in the following way: crumble the yeast and sprinkle with one teaspoon of fine sugar. Mix thoroughly. (If too much sugar is used, the yeast fungi will not multiply and may even be killed). Yeast, diluted with sugar, raises the dough better.

BAKING POWDER

In some baking, other means of leavening, various baking powders are used instead of yeast. The baking powder must be mixed with dry flour before being added to the dough so that it is evenly distributed. Baking powder requires careful measuring, because if too much baking powder is used the dough will be tart.

This type of leavening is used for baked goods which will be used fairly quickly, or for dry baked goods (tea bisquits, honey cakes, etc.).



BREADS DUONA IR RAGAIŠIS

All baking which requires raising is made by using yeast or other leavening agents. Bread is made by using none of these. When making bread, a bit of the dough is left. This dough is used as the leavening agent for the next bread baking. The bread bucket should never be washed, but it must always be kept clean. When the dough is removed, and a little is left for the next time, cover the bucket with a clean cloth.

When making bread, the flour must not be cold and must be sifted, the water must be warm. Bread dough is always mixed in the evening.

ORDINARY RYE BREAD PAPRASTA RUGINĖ DUONA

For 2 lbs. (906 gr.) flour, usually take 2 cups water and $\frac{1}{2}$ tablespoon salt. The amount of flour depends on the size of the family.

Mix $\frac{1}{3}$ of the flour in warm water, add sourdough starter (left over dough from previous baking) dissolved in warm water, sprinkle top with flour, cover warmly and put in a warm place. If the mixture is in the bread bucket, the bucket should not be more than $\frac{1}{3}$ full. The next morning, add remaining flour, salt and caraway seed. Knead the dough very well and let stand to rise. Bread may be baked in baking pans or in the ordinary way. If baked in the ordinary way, sprinkle the baker's peel with bran or spread dried cabbage leaves on it. The heat of the oven and the baking time depend on the size of the loaves. When the bread is removed from the oven it may be moistened with hot water and covered with a clean, dry cloth. This will make the bread much softer. Do not put loaves one on top of another, because sometimes when the loaves are squeezed the crust will pull away from the bread.

SCALDED BREAD

PLIKYTA DUONA

Remove sourdough starter from the bread bucket; scald $\frac{1}{3}$ of the flour with boiling water. Mix well so that there are no lumps and let stand until completely cooled. Then add the sourdough starter, dissolved in warm water, beat well, sprinkle the top with flour. Cover with a clean cloth and let stand in a warm place, overnight. The next day, beat the dough, add remaining flour, salt and caraway seed, beat very well and put in a warm place to rise a second time. Scalded dough rises slowly, therefore it must be made early in the morning. When the dough is risen, shape it into loaves (medium sized) and bake. After one hour of baking the loaves may be removed, moistened with boiling water, and put back into the oven in different positions. Handle the baked bread the same as ordinary bread. Scalded bread is better tasting than the ordinary bread and will keep better. However, be careful not to put the leavening into flour mixture that is too hot.

BLACK BREAD WITH POTATOES

JUODA DUONA SU BULVĖMIS

Black bread made with potatoes is finer, smoother, better-keeping and has a distinctive good taste. The amount of potatoes added to the bread should be not larger than $\frac{1}{4}$ of the flour used to make the bread. Wash potatoes, boil them with the skins and peel while still warm. Grind or mash them. While still warm, put them into the bread bucket, add $\frac{1}{3}$ of the flour, warm water and beat well. Put in a warm place to rise. Then proceed in the same way as making ordinary bread.

SWEET-SOUR BREAD

SALDŽIARŪGŠTĖ DUONA

6 lbs. (2.718 kg.) coarsely ground flour	(prunes or apples) 1 teaspoon caraway seed
$\frac{1}{2}$ lb. (226 gr.) dried fruit	Salt to taste

Flour should be in the ratio $\frac{2}{3}$ rye and $\frac{1}{3}$ wheat. Mix the same as ordinary rye bread and let stand to rise. Cook the prunes or apples in a small amount of water. Remove from water, drain on a dry piece of cloth and cut into julienne pieces.

When the dough is risen, add remaining flour, caraway seed, salt and water, in which the fruit has cooked. Knead the dough very well. When done, add the fruit and knead lightly. Let stand to rise. Shape into one-pound loaves and put into square baking forms. When the bread is baked, remove from oven and moisten the top with hot water. Cover with clean, dry cloth. This makes the crust much softer.

FINE RYE FLOUR SCALDED BREAD

RUGINIŲ PIKLIUOTŲ MILTŲ PLIKYTA DUONA

Scald $\frac{1}{3}$ of the flour with boiling water and beat well so that there are no lumps. Let stand some hours in a warm place and beat well again. Add dissolved sourdough

starter, beat again. If mixture is too thin, some flour should be added. Sprinkle mixture with flour, cover warmly, let stand several hours to rise. Then beat again. This should be repeated 5 to 7 times. Usually this type of bread cures in about two days. If the dough is sufficiently tart sooner, add remaining flour, caraway seed, salt and knead well. Let rise, the form into 1-lb. loaves and bake about two hours.

FINE RYE BREAD WITH YEAST

PIKLIUOTA DUONA SU MIELĖMIS

7 ½ lbs. (3.398 kg.) rye flour	1 teaspoon sugar
6-7 cups water	2 teaspoons salt
2 oz. (57 gr.) yeast	

Mix ⅓ of the flour with warm water and add yeast mixed with sugar. Sprinkle the top of mixture with flour, cover with a cloth and put in a warm place to rise.

Add remaining flour. Knead very well for a long time. Let stand to rise again. This bread may be mixed the evening before baking. Bake the same as other breads.

COARSE WHEAT BREAD

RAGAIŠIS

6 cups coarsely ground wheat flour	1 oz. (29 gr.) yeast
2 cups milk	1 teaspoon salt
	Some sugar

Mix ⅓ of the flour with warm milk and add yeast mixed with a bit of sugar. Beat very well, sprinkle top with flour and put in a warm place to rise. Then add remaining flour, salt and knead very well. If the dough is too soft, flour may be added. Let stand to rise again. This type of bread will take 3 to 5 hours to rise. Then shape the dough into small loaves, put into baking pans, and bake one hour in hot oven. When done, remove from oven and cover the loaves with a clean, damp cloth to soften the crust.

If desired, $\frac{1}{2}$ teaspoon black seeds (černušky) may be added to the dough.

COARSE WHEAT BREAD WITH SOUR MILK **RAGAIŠIS SU RŪGUSIU PIENU**

6 cups coarsely ground wheat flour	1 egg
2 cups sour milk	1 teaspoon salt
1 oz. yeast	Some sugar and black seeds (černušky)

Let sour milk stand in a warm place, so that it is not cold. Mix yeast with sugar. Add to a mixture of $\frac{1}{3}$ of the flour and the sour milk. Let stand to rise. Then add remaining flour, egg, salt. Method of preparation is the same as for coarse wheat bread recipe above.

BARLEY BREAD **MIEŽINIS RAGAIŠIS**

6 cups barley flour	1 teaspoon salt
2 cups milk	Some sugar
1 oz. yeast	

Mix $\frac{1}{3}$ of the flour with warm milk and add yeast mixed with sugar. Sprinkle top with flour, cover with a cloth and put in a warm place to rise. Then beat well, add remaining flour and knead well. The dough of barley bread should be much softer than that of wheat bread. If the dough is too hard, add a bit of milk while kneading. After kneading very well, let stand to rise again. It is best to bake barley bread in small baking pans, since the dough becomes fluid when it rises. Barley bread does not keep well and loses its taste, therefore it is not advisable to bake a large quantity of it.

ROLLED OAT BREAD

AVIŽINIŲ DRIBSNIŲ RAGAIŠIS

2 cups rolled oats	2 tablespoons oil
4 cups wheat flour	1 oz. yeast
2 ½ cups milk	1 teaspoon sugar
2 eggs	Salt, to taste

Mix rolled oats with warm milk and add yeast mixed with sugar. Sprinkle top with one cup of flour and put in a warm place to sour. It is best to do this the evening before, the dough will sour well during the night.

In the morning, beat well, add remaining flour, eggs, oil, salt and knead well. Let stand to rise. Then place into two small baking pans and let rise again. Bake 45 min. in a 400° F. oven. When done, remove from pans and wrap in a cloth until they cool.

This bread is very tasty; sugar may be added to it if desired.

Yeast Cakes

YEAST CAKE

PYRAGAS

2 lbs. (about 900 gr. or 6 cups) flour	1 egg
2 cups milk	1 teaspoon salt
1 ½ oz. (29 gr.) yeast	1 teaspoon sugar

Mix ⅓ of the flour with warm milk and add yeast mixed with sugar. Beat well, sprinkle top with flour, cover with a cloth and put in a warm place to rise. When the dough is risen and has subsided, add remaining flour, well-beaten egg, salt and knead. When the dough is smooth and does not stick to the hands, it is well-kneaded. Again, let stand 1 to 2 hours to rise. Then put into baking pans and bake in medium (400° F.) oven. Small loaves will bake about 45 minutes to one hour.

BETTER YEAST CAKE

GERAS PYRAGAS

6 cups flour	3 tablespoons melted butter or oil
2 cups milk	1 oz. yeast
½ cup sugar	½ teaspoon salt
3 eggs	

Mix ⅓ of the flour with warm milk and add yeast mixed with a little of the sugar. Beat well, sprinkle one cup of flour over the top and put in a warm place to rise. Then beat again, add remaining flour, eggs, fat, sugar, salt and knead well. Knead until the dough does not stick to the hands. Then let stand to rise again. When risen, place into baking pans, let rise again, and bake in medium (400° F.) oven. After ½ hour, lower the temperature to 300° F.

SCALDED YEAST CAKE

PLIKYTAS PYRAGAS

6 cups flour	1 oz. yeast
2 cups milk	½ cup sugar (optional)
4 egg yolks	½ teaspoon salt
2 oz. butter	½ package vanilla sugar

Scald 1 cup sifted flour with 1 cup boiling milk, cover and let stand until cool. Beat well so that there are no lumps, add diluted yeast, remaining milk, ½ cup flour and beat well again. Sprinkle top with flour, let stand to rise. Then add remaining flour, butter beaten with the egg yolks, vanilla sugar, salt and knead very well. After kneading, let stand to rise. Then put the dough into two baking pans and let rise again. Bake 25 minutes in a 400° F. oven, then turn heat to 350° F. and bake 20 minutes more. When done, remove loaves from the pans, place on a folded soft cloth, cover with a cloth and let stand to cool.

BEST YEAST CAKE

GERIAUSIAS PYRAGAS

6 cups flour	2 oz. butter
2 cups milk	½ cup sugar
1 oz. yeast	½ teaspoon salt
6 egg yolks	1 teaspoon vanilla sugar

Mix ⅓ of the flour with warm milk and diluted yeast, beat well. Sprinkle with 1 cup of flour and let stand to rise. Then add egg yolks beaten with sugar, melted butter, remaining flour, salt and knead well. Cover with a cloth and let rise again. Then place the dough into oblong baking pans, and let stand to rise again. Brush with beaten egg, and bake in medium oven 45 minutes.

POPPY SEED ROLL

VYNIOTAS PYRAGAS SU AGUONOMIS

6 cups flour	½ cup sugar
1 cup milk	1 ½ cups poppy seed
2 oz. melted butter	½ stick vanilla
6 eggs	Lemon peel
1 oz. yeast	

Mix ⅓ of the flour with warm milk. Dilute yeast with a little of the sugar and add to the mixture. Beat well and let stand to rise. Then beat well again, add egg yolks beaten with the sugar until light, grated lemon peel and melted butter. Knead very well and let stand to rise. Divide the dough into two parts, roll each into a thickness of the pinkie finger. Spread with prepared poppy seed filling, roll up loosely. Brush edges with egg white and seal. Put on baking sheet and let rise. Brush with beaten egg and prick the roll using a toothpick, in several places to allow steam formed by the filling to evaporate, so that the cake will not burst.

Poppy seed filling:

Wash poppy seeds and let stand in hot water. Drain and grind the seeds in a meat grinder. Add sugar, vanil-

la, mixed with sugar, and whipped egg whites of three eggs. Mix lightly and immediately spread on rolled out dough.

Bake the cakes 45 to 50 minutes. Remove from oven and wrap in a moist cloth while the cake is still hot. This will make the crust of the cake soft and tasty.

POPPY SEED CAKES

AGUONIEČIAI

6 cups flour	½ cup sugar
1 cup milk	2 cups poppy seed
4 eggs	½ stick vanilla
4 tablespoons melted butter	Lemon peel
1 oz. yeast	

Make the dough the same as for poppy seed roll. Roll up with the poppy seed filling. Cut the rolls into three finger thick slices. Seal one end of the slices, so that the filling will not come out. Spread apart the other end a little and brush with beaten egg.

Bake 25 to 30 minutes.

“SNAIL” CAKE

“SRAIGIŲ” PYRAGAS

5 cups flour	½ cup sugar
1 cup milk	2 cups finely cut up dried fruit
3 egg yolks	1 lemon peel
2 oz. butter	Some salt
½ oz. yeast	

Make the dough as for better yeast cake. When the dough rises, roll it out to a thickness of ½ finger. Cut the rolled out dough into strips 2 in. (5 cm.) wide and 5 in. long. Brush each strip with butter, sprinkle with dried fruit cut into julienne strips, and roll each strip up. Dip the ends of the rolls in melted butter, and stand them up loosely next to each other in a prepared tube pan. When the dough rises, the rolls will join each other, forming a cake. Brush with beaten egg. Bake in medium oven (400° F.) for 45 minutes. Sprinkle cake with powdered sugar.

Serve cake on a cake platter or a large plate. It may be cut up before serving.

FRANKFURT WREATH

FRANKFURTO VAINIKAS

5 cups flour
1 cup milk
3 egg yolks
2 oz. butter
½ oz. yeast
½ cup sugar

Filling:

2 cups dried fruit
2 tablespoon sugar
½ teaspoon cinnamon

Mix a yeast dough using warm milk. When it rises, beat well, add egg yolks beaten with sugar, and flour. Knead well, and when finished kneading add melted butter.

When the dough rises again, roll out several layers of one finger 1 cm.) and the diameter of the tube pan in which the cake will bake. Cut out the center of the layers using a glass. Carefully place the first layer on the bottom of the tube pan, and sprinkle with finely cut up dried fruit mixed with sugar. Put the next layer on top and sprinkle with the fruit, then add the third layer, until the pan is half-filled. When the cake rises, brush the top with beaten egg and sprinkle with crumbs. Bake in medium oven for 45 minutes.

Serve on a cake plate or cut into thin slices.

NAME-DAY CAKE

VARDINIŲ RIESTAINIS

4 cups flour	½ oz. yeast
1 cup milk	½ lemon
5 egg yolks	½ cup sugar
2 oz. butter	1 cup raisins or mixed dried fruit

Mix a yeast dough using warm milk. When it rises, beat well, add egg yolks beaten with sugar, lemon juice and grated lemon rind, ½ of the butter and all of the flour. Knead very well and let stand to rise. Then roll

out into a one finger thick square, evenly spread the butter over the dough and sprinkle with raisins. Roll the dough up, and shape into a curved (horseshoe) form. Let rise again. Then brush with beaten egg and bake in medium oven 45 to 50 minutes. Just before it is done, sprinkle with sugar crystals.

This cake is served uncut.

ANOTHER CRESCENT CAKE

KITOKS RIESTAINIS

6 cups flour	8 egg yolks
1 ½ cups milk	½ cup sugar
½ cup melted butter	1 cup raisins
1 oz. yeast	½ cup dried currants

Beat well 4 egg yolks, add yeast, diluted in warm milk, beat well and add ⅓ of the flour. Let stand in warm place to rise. Then beat the dough well, add remaining flour, egg yolks creamed with sugar, and melted butter; knead well, add raisins and dried currants and knead lightly again to mix raisins into the dough. Be careful not to tear the raisins. Let dough stand to rise again. Then shape into a crescent, put on a prepared baking sheet, let rise. Brush top with beaten egg and sprinkle with dried currants. Bake about 1 hour in a medium (400-350° F.) oven. When done, remove from oven. The top of the cake may then be sprinkled with powdered sugar making a design to decorate the cake.

SWEET TEA CAKES

SALDŪS RIESTAINĒLIAI

3 cups flour	½ cup milk
3 tablespoons sugar	½ cup melted butter
4 eggs	

Beat butter until white, add one egg at a time, continue beating until all the eggs are added. Add milk and flour. Dough should be medium firm. If the dough is too

soft, add flour. Knead the dough very well. Shape into small figure eights. Brush with beaten egg and sprinkle with sugar crystals.

BOILED YEAST ROLLS (Bagels)

RIESTAINIAI

6 cups flour	2 eggs
2 cups milk	1 teaspoon salt
1 oz. yeast	Black seeds (juodgrūdžių)
3 tablespoons melted butter	

Warm the milk and add all the ingredients. Knead the dough very well and let stand to rise. Then shape into donuts with a hole in the middle and let stand to rise again. Then put the donuts into boiling water and simmer about 2 minutes. Remove from the water and put on a clean, dry cloth to drain. Sprinkle with black seeds (černuškom-juodgrūdēm). Bake threaded on sticks, or put on a baking sheet. Bake in medium oven.

CRESCENT CAKE WITH FRUIT

RIESTAINIS SU VAISIAIS

4 cups flour	2 tablespoons sugar
½ cup milk	1 cup dried currants
1 oz. yeast	1 cup cut-up dried fruit
5 tablespoons melted butter	2 oz. butter for filling
4 eggs	

Make a dough as for better yeast cake and let stand to rise. Then roll out into a square, about 1 finger thick. Spread the square with the two oz. of butter, beaten until white. Sprinkle with the dried currants and dried fruit. Fold the dough into an envelope and roll lightly. Then roll the dough up, and curve into a crescent. Put on buttered baking sheet, let rise. Sprinkle with sugar crystals and bake in medium oven.

ROLLS BANDELÈS

TEA CRESCENTS ARBATINÈS PASAGÈLÈS

4 cups flour	½ oz. yeast
1 cup milk	4 eggs
½ cup melted butter	Salt, caraway seeds

Warm the milk, add ⅓ of the flour, diluted yeast and put in a warm place to rise. Then add beaten eggs and remaining flour. Knead well, adding salt and butter when almost done. Knead until the dough does not stick to hands. When done, let stand to rise again. Roll out in a square, the thickness of ½ of the little finger, and cut into small triangles. Brush the triangles with butter, roll them up and curve into a crescent shape. Brush crescents with beaten egg, sprinkle with caraway seeds, and bake 10 to 15 minutes in a medium oven.

Crescents may be filled with a thick apple or other fruit sauce.

Brush tops with beaten egg and sprinkle with chopped almonds or nuts. Bake 20 to 30 minutes.

VANILLA BRAIDS PINTOS VANILINÈS BANDELÈS

4 cups flour	½ oz. yeast
1 cup milk	½ cup sugar
3 egg yolks	Some vanilla
2 oz. butter	

Make a dough as for better yeast cake. Let stand to rise. Then divide the dough into pieces approx. 2 oz. each. Roll each piece on a bread board into a tubular shape, the middle of which should be thicker and the ends thinner. Using three tubes for each, braid them into small braids and put them on a baking sheet. Let rise again. Brush with beaten egg and bake 20 to 30 minutes.

TRIANGLES

SKARELĖS

4 cups flour	½ oz. yeast
1 cup milk	½ cup sugar
2 egg yolks	Dash of salt

Warm the milk, add ⅓ of the flour and diluted yeast; beat well and let stand to rise. Then add remaining flour, egg yolks beaten with the sugar, and the salt. Knead well and let rise again. Roll into a square, ½ finger thick and cut into small squares (3 to 4 inch). Put a tablespoon of apple sauce, cottage cheese or prepared apple in the center of each small square. Fold the four corners of the square over the filling and seal. Brush with beaten egg and bake in medium oven 30 to 40 minutes.

This same dough may be used to make rolls. Roll out the dough and using a glass cut into rounds. Brush the center of each round with beaten egg white. Taking two rounds at a time squeeze them together in the middle. Put a little butter into the hollow and sprinkle with caraway seeds or sugar crystals. Brush top with beaten egg. When done, the rolls have the appearance of a flower, since the lower part of the roll rises separately from the upper part.

“FINGERS” SERVED WITH BEER

PIRŠTELIAI PRIE ALAUS

3 cups flour	1 egg
½ oz yeast	1 tablespoon sugar
¾ cup milk	Caraway seeds and salt
4 oz. butter	

Mix yeast with sugar, add flour, milk, egg and butter. Knead, cover with a cloth, and let stand in a warm room several hours. Then roll the dough into a thickness of ½ finger, and cut into strips ⅓ inch wide and 4 inches long. Brush with beaten egg and sprinkle with salt and caraway seeds. Bake until golden.

Note: "Fingers" may be sprinkled with sugar instead of salt and caraway seeds. Then they may be served with coffee.

LAYERED YEAST ROLLS

SLUOKSNIUOTOS MIELINĖS BANDELĖS

4 cups flour	1 teaspoon salt
1 cup milk	4 tablespoons sugar for the layers
½ oz. yeast	½ cup almonds or nuts
6 oz. butter	4 egg yolks
2 tablespoons sugar	

Prepare a dough as for better yeast cake. Put only ⅓ of the butter into the dough. When the dough rises, knead it, cool it and roll out to a thickness of one finger. Spread ⅔ of the dough surface with beaten soft butter and sprinkle with sugar. Fold the unsprayed ⅓ of the dough over buttered dough, and fold the remaining buttered ⅓ of the dough over this.

Sprinkle the dough with flour, roll out to the thickness of 1 inch. Fold four times. If much butter is added to the dough, it must be rolled out and folded again. The last time, roll out to a thickness of ¼ inch and cut into small, diamond-shaped pieces. Brush with beaten egg and sprinkle with sugar crystals and nuts or almonds before baking.

SQUARES

SQUARE WITH EGG WHITE TOPPING

PLOKŠTAINIS SU BALTMAIS

3 cups flour	½ cup raisins or dried currants
½ cup milk	½ cup dried fruit
½ oz. yeast	½ cup sweet almonds or nuts
8 eggs	½ cup powdered sugar
4 oz. butter	½ stick vanilla or vanilla sugar
½ cup sugar	

Mix a dough using $\frac{1}{2}$ of the flour, yeast mixed with sugar, and warm milk. Let stand in a warm place to rise.

Cream egg yolks with sugar and vanilla.

When the dough is risen, beat well, add remaining flour and the beaten egg yolks. Knead well, and put in a warm place to rise again. Then roll out to a thickness of $\frac{1}{4}$ inch and spread in a baking sheet used for squares. Cover with a cloth and let rise. Then sprinkle $\frac{1}{2}$ of the fruit and almonds on top of the dough.

Beat the egg whites, add powdered sugar, remaining fruit and almonds, and mix carefully. Spoon mixture evenly on prepared dough, and bake in medium oven 45 to 50 minutes. Cake is done when it pulls back from the sides of the pan.

Remove from the oven and push cake out on a platter through the opening on the side of the baking sheet. Let cool, cut into rectangles before serving.

SQUARE WITH COTTAGE CHEESE

PLOKŠTAINIS SU VARŠKE

4 cups flour
1 cup milk
2 egg yolks
1 oz. butter
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ oz. yeast

Cottage Cheese Filling:

1 lb. good quality cottage cheese
2 eggs
1 oz. butter
1 teaspoon cinnamon or vanilla
 $\frac{1}{2}$ cup seedless raisins

Prepare dough as for better yeast cake. When it rises, roll out to a thickness of the little finger and spread in prepared baking sheet. Decorate edges of the cake with small rolls of the same dough or little braids of the same dough. Let stand to rise.

In the meantime, prepare the cottage cheese filling. Cream the cottage cheese until smooth. Add creamed butter. Add one egg at a time and the sugar in parts, beating after each addition. When done, add vanilla and the raisins.

Bake raised dough in the oven 15 to 20 min. Remove from the oven, quickly spread with the cottage cheese filling, decorate with rolls of the same dough, brush the whole surface with beaten egg and bake 20 minutes more.

When done, push the cake out on a board through the opening in the end of the baking sheet. Let cool and cut into desired pieces before serving.

SQUARE WITH APPLES

PLOKŠTAINIS SU OBUOLIAIS

4 cups flour	2 eggs
1 cup milk	½ lemon (peel)
½ oz. yeast	2 lbs. apples
½ cup sugar	½ cup sugar
2 oz. butter	½ cup dried currants

Make a dough as for better yeast cake. Let stand to rise. Then roll out to a thickness of a small finger, spread in a prepared baking sheet or a torte pan, and let stand to rise.

Peel the apples, core and cut into sections. Put apple pieces in even rows on the dough, sprinkle with dried currants and sugar, decorate top of cake with strips of the same dough. Brush dough strips with beaten egg before baking. Bake about 35 minutes.

Instead of apples, various berries or rhubarb may be used for this cake.

PLUM SQUARE

SLYVŲ PLOKŠTAINIS

4 cups flour	Peel of ½ lemon
1 cup milk	½ teaspoon salt
2 eggs	2 lbs. well-ripened plums
½ cup sugar	½ cup sugar (to sprinkle on top of cake)
½ oz. yeast	
½ cup melted butter	

Make a dough as for better yeast cake. When the dough rises, roll out to a thickness of the little finger. Spread on the prepared baking sheet. Let stand to rise again. Then arrange pitted plums neatly on top of the dough and sprinkle generously with sugar and crumbs made of the same dough. Bake 30 to 40 minutes in a 400° F. oven. This cake may be served with coffee.

DONUTS SPURGOS

ORDINARY DONUTS PAPRASTOS SPURGOS

4 cups flour	½ teaspoon vanilla
1 cup milk	½ teaspoon salt
1 oz. yeast	
2 egg yolks and 1 egg	½ cup powdered sugar
2 tablespoons sugar	½ cup cherry or strawberry preserves
2 tablespoons melted butter	
1 tablespoon alcohol spirits	Fat for deep frying

The dough for all kinds of donuts is the same as for better yeast cake, except it should be softer. Let dough rise, then roll it out to a thickness of ½ inch. Using a glass, cut out rounds. In the middle of each round put a cherry or a strawberry from the preserves, and put another round on top. Seal the edges of the rounds and roll them into round balls between the hands. Donuts may also be made by squeezing the dough balls through greased fingers.

The best donuts are those cooked in lard (pork fat). However, they may also be cooked in **Crisco**.

To prevent the fat from burning, pour ½ cup of water into two lbs. of lard.

To lessen the absorption of fat into the donuts, add alcoholic spirits or whiskey to the donut dough.

Place the donuts into well heated fat. Test the fat by dropping a piece of dough into it. If it rises, sizzling, to the surface immediately, and floats on top, the fat is ready.

Cook one side of the donuts then turn them over using a fork. Do not turn too often. They cook in about 5 to 7 minutes. If, when removed from the fat, the donuts are dark gold in color, and the surface dries right away, they are done. Remove the donuts from the fat using a slotted spoon, and place them into a colander. While still warm, sprinkle them with powdered sugar.

BEST DONUTS

GERIAUSIOS SPURGOS

4 cups flour	½ stick vanilla
1 cup milk	½ teaspoon rum (optional)
1 ½ oz. yeast	1 teaspoon alcoholic spirits
6 egg yolks	1 teaspoon salt
½ cup melted butter	½ cup powdered sugar (for
½ cup sugar	sprinkling on cooked donuts)

The method of preparation is the same as for ordinary donuts.

SCALDED DONUTS

PLIKYTOS SPURGOS

4 cups flour	½ cup melted butter
1 cup milk	½ stick vanilla
1 ½ oz. yeast	1 teaspoon salt
4 egg yolks	1 jigger alcoholic spirits
½ cup sugar	Lard

Scald ½ cup milk and pour over ⅓ of the flour, cover and let stand until cooled. Then beat well, add remaining warm milk, yeast mixed with sugar, some flour. Beat again, and put in a warm place to rise.

Now follow the method of preparation for ordinary donuts.

Scalded donuts are moister and keep longer than other donuts.

Note: All donuts should be well risen before cooking.



LITHUANIAN EASTER CAKES

BOBOS

"Boba" is a traditional Easter cake. It is not easy to make; great care and accuracy is required in its preparation. Usually, these cakes are high, round, six-cornered, or octagon shaped. They need to be baked in an even heat.

These cakes are baked not less than one hour. Once the cake is put in the oven, it may not be touched until it is done. Flour or bread crumbs used for "boba" must be of good quality and very dry; the yeast must be fresh, pressed; the butter, sweet and fresh. If melted butter is used, do not use the sediment, because it will give a tart, bitter taste to the cake and inhibit its rising.

Egg yolks must be creamed with the sugar until they are white in color. Powdered sugar, rather than sugar crystals should be used. Raisins should be picked over, washed and dried. When the cake is done, let cool slightly, remove from the baking pan, place the cake on a soft cloth and roll back and forth gently, until it is cool.

MOIST "BOBA"

SULTINGA BOBA

4 cups good quality, dry flour	6 oz. butter
$\frac{2}{3}$ cup milk	$\frac{1}{2}$ cup sugar
1 oz. yeast	1 lemon
10 egg yolks	1 level teaspoon salt

Warm the milk, mix in 1 cup flour, diluted yeast, and let stand to rise. Then add the salt and beat well. Add the egg yolks, creamed with the sugar until white, and remaining flour. Beat very well, add well-creamed butter, and let stand again to rise. Then beat well again, and pour into prepared, buttered baking pans.

Pour the dough into pans only to $\frac{1}{3}$ of the pans. Put in a warm place to rise. When the dough has risen to

$\frac{3}{4}$ of the pan, put carefully into the oven and do not touch for one hour. To test if done, insert a long toothpick. If it is clean, when removed, the cake is done. Remove cake from oven and let stand to cool in the baking pan. Then remove from the pan. When completely cooled, moisten with the following syrup:

- 1 cup water
- $\frac{1}{2}$ cup sugar
- 1 lemon peel (only the very top layer)
- 2 teaspoons of rum or arrack

Put cake on oblong platter and pour syrup over all sides. Roll cake back and forth to absorb all the syrup. Then cover a serving plate with a doily or attractive napkin and place the cake on it.

SCALDED "BOBA"

PLIKYTA BOBA

- | | |
|--------------|-----------------------|
| 6 cups flour | 1 cup melted butter |
| 2 cups milk | 1 cup small raisins |
| 2 oz. yeast | 1 stick vanilla |
| 10 egg yolks | 1 level teaspoon salt |
| 1 cup sugar | |

Scald the milk and pour over 2 cups of flour. Beat well. When cooled, add diluted yeast, beat well and let stand to rise. Then add egg yolks, creamed with the sugar until white, three cups of flour, melted butter, and beat very well. If the dough is too thin, add more flour. Beat well, and let stand to rise a second time. Then beat once again. Add washed and dried raisins, mix lightly and pour into baking pans. Pour in only $\frac{1}{3}$ of the content of the baking pan, and put in a warm place to rise. When the dough rises to $\frac{3}{4}$ of the pan, put into the oven for one hour. When done, remove from the oven, let cool in the baking pan. When cool, remove from pan and sprinkle with powdered sugar.

"BOBA" WITH SAFFRON

BOBA SU ŠAFRANAIS

4 ½ cups flour	1 cup melted butter
1 ½ cups milk	½ cup sugar
2 oz. yeast	1 teaspoon salt
10 egg yolks	1 pkge. saffron

Warm the milk and add two cups of flour, diluted yeast. Let stand to rise. Then add the salt and beat well. Add egg yolks, creamed with sugar, and the rest of the flour. Add melted butter, one tablespoon of scalded saffron, beat well and put in a warm place to rise. Proceed as in other "boba" recipes.

TALL "BOBA"

AUKŠTA BOBA

4 ½ cups flour	12 egg yolks
1 ½ cups milk	1 cup sugar
1 ½ oz. yeast	1 cup melted butter
½ cup cleaned sweet almonds	1 teaspoon salt
½ cup small raisins	

Warm the milk, add two cups of flour, diluted yeast, mix and let stand to rise. Then add salt, and beat well. Add egg yolks, creamed with the sugar until white, and the remaining flour. Beat for about one hour. Then add warm, melted butter, slivered almonds (almonds may be ground), and raisins. Mix well and put in a warm place to rise. Then beat well or knead again and pour into baking pans to ⅓ of their content. When the dough rises to ⅔ of the pan, carefully put it into the oven (hot) for one hour. When done, remove from the oven and let stand in the baking pan until cool.



ALMOND "BOBA"

MIGDOLINÉ BOBA

1 cup flour	1 cup sugar
1 cup sweet almonds	12 eggs
¼ cup bitter almonds	

Scald almonds with boiling water, peel and grind in meat grinder. Add egg yolks, creamed with the sugar until white, and beat well. Sift in the flour and add beaten egg whites. Mix lightly and pour into prepared baking pan (butter the pan and sprinkle with bread crumbs). Put into hot oven for one hour. When done, let cool in the baking pan.

BREAD "BOBA"

DUONINÉ BOBA

15 eggs	1 teaspoon cinnamon, cloves,
1 cup sugar	nutmeg
1 cup black bread crumbs	½ cup potato starch

Cream egg yolks with sugar until white, add cinnamon, cloves, nutmeg, potato starch and ½ of the bread crumbs. Mix well, add beaten egg whites and remaining bread crumbs. Mix lightly. Pour into prepared baking pan and bake one hour in low heat.

Note: Sift fine bread crumbs and before using for cake, moisten slightly with milk or cream. Do not overmoisten, the crumbs must stay separate not to form a mass.

RING CAKES

KIAURI PYRAGAIČIAI

2 cups flour	4 egg yolks
1 cup milk	2 tablespoons powdered sugar
½ oz. yeast	1 level teaspoon salt
2 oz. butter	

Warm the milk, mix in 1 cup of the flour and diluted yeast; beat well, sprinkle with remaining flour and let stand to rise. Then add creamed butter with sugar and egg yolks. Beat well, then add the salt and let stand to rise a second time. When the dough rises, pour it into prepared small, ring-shape baking molds. Each mold should be no more than $\frac{1}{2}$ full. Let stand to rise.

Bake 25 to 30 minutes in a 350° F. oven. Let stand in the molds until cooled, then baste with syrup until completely soaked.

May be served at a formal dinner, with black coffee.



Cakes Made With Baking Powder

Baking powder is used in a variety of cakes: honey cake, squares, pound cakes, various cookies and crackers. This type of baking requires much fat, sour cream, eggs and sugar, therefore, it cannot be leavened by using yeast. In this case, yeast is replaced by various leavening powders — baking soda, tartrate, phosphate, etc.

Baking soda is the most frequently used powder. It is white in color, and dissolves easily in water. When acid is added, or when warmed it produces carbon dioxide gas which leavens the dough. When using baking soda, the measurements of the recipe must be followed strictly, because if too much soda is added the cake will be yellowish, unattractive color and will have an unpleasant taste and odor. If too little soda is added the cake may collapse. Baking powders are always mixed with flour before being added to the dough.

Cakes made with baking soda must contain acid. Sour cream, sour milk or a dash of vinegar must be added to the dough.

When the soda, other chemicals and acid has been added to the dough, it may not be mixed or beaten for a longer time, because the carbon dioxide or other gas produced by the powders evaporates quickly. If after addition of baking powders baking is delayed, the dough will not rise, and the cake will be tough and heavy.

Cakes containing baking powder are baked in baking pans lightly greased and sprinkled with bread crumbs.

HONEY CAKES MEDUOLIAI

Honey cakes are cakes in whose preparation honey is used. Butter, sour cream or sour milk is added to the dough of honey cakes or else the cake will be hard. Honey makes the dough heavier, therefore, to obtain a light cake, baking soda or other baking powder must be added to the dough.

A mixture of spices is used in preparing a honey cake. A sample of such a mixture is the following:

3 teaspoons cinnamon	½ teaspoon nutmeg
3 teaspoons aromatic pepper	½ teaspoon badiano
1 teaspoon cloves	½ teaspoon ginger
½ teaspoon cardamon	1 teaspoon orange peel
½ teaspoon mace	

If some of the above spices are not available, a simpler mixture may be used.

Each spice must be ground separately, sift each and use in the quantity advised in the recipe.

When baked, the honey cake must be dark brown in color. This color is obtained by boiling the honey or by adding burned sugar. This is done in the following way: two tablespoons sugar are heated in a clean frying pan until the sugar melts and becomes a dark golden foam. Then add ½ cup hot water and simmer until congealed sugar melts again. The amount of burnt sugar added to the dough depends on the intensity of the color desired — dark or light brown.

When baked and cooled, the honey cake should be immediately cut into serving pieces, placed into a tightly covered container and kept in a cool place. This way, the honey cake will keep its good taste and appearance for a long time. When the cake is kept in a covered dish for some time, it becomes moist and tastes even better.

There are two types of honey cakes: soft and hard. The hardness of the cake depends on the amount of flour used in the dough.

The dough for soft honey cakes is prepared similarly to that for tortes. Egg yolks are creamed with sugar; boiled and cooled honey and spice mixture is added to the egg mixture. Mix well, add flour mixed with the chemicals, and beaten egg whites. Mix and pour into prepared baking pan to a thickness of $\frac{1}{2}$ inch. Bake in a medium oven 30 to 40 minutes.

Hard honey cakes are made by kneading all the ingredients listed in the recipe. When finished kneading, the dough is rolled out and various shapes are cut out with a cookie cutter. The dough may also be shaped into various shapes by hand. Bake in medium oven 15-20 min.

Soft honey cakes may be filled with various fillings, hard honey cakes are glazed.

SOFT HONEY CAKE I

PAPRASTAS MINKŠTAS MEDUOLIS I

3 cups flour	2 teaspoons spice mixture
1 cup sour cream	1 teaspoon baking soda or baking powder
1 cup honey	5 eggs
$\frac{3}{4}$ cup sugar	
2 tablespoons melted butter	

Simmer the honey, removing from the heat several times so that it will not boil over, add spices and cool.

Cream egg yolks with sugar. Put dish with egg yolks into hot water while creaming. Add cooled honey, sour cream (or sour milk), melted butter, and flour mixed with the baking powder. Mix well, add beaten egg whites. Mix lightly and pour into the baking pan to a thickness of $\frac{1}{2}$ inch. Bake in a low oven 30 to 40 minutes.

SOFT HONEY CAKE II

MINKŠTAS MEDUOLIS II

3 cups flour	1 teaspoon soda or baking powder
2 cups honey	1 teaspoon spices
1 cup powdered sugar	1 teaspoon cocoa
1 cup black coffee	8 eggs

Beat honey with sugar until white. Mix flour, cocoa, spices and baking powder and add a little at a time to the honey mixture. Add one egg yolk at a time beating well after each addition. Pour in the coffee a little at a time; if the dough seems too thin, do not pour in all the coffee. Add beaten egg whites and mix lightly. Pour into prepared baking pan and bake in medium oven (350° F.) for one hour. When done, remove from oven and sprinkle with powdered sugar.

SOFT HONEY CAKE III

MINKŠTAS MEDUOLIS III

3 cups flour	2 tablespoons burned sugar
3 tablespoons sour cream	liquid
3 tablespoons melted butter	1 teaspoon spice mixture
4 tablespoons honey	1 teaspoon baking powder
4 eggs	

Mix burned sugar liquid, honey, butter and spices and bring to a boil. Cream egg yolks with the sour cream, add to the honey mixture and beat well. Add flour mixed with baking powder a little at a time, beating the dough constantly. Pour into a prepared baking pan. Bake in low oven 30 to 40 minutes.

SOFT HONEY CAKE IV

MINKŠTAS MEDUOLIS IV

2 cups flour	½ cup candied fruit or almonds
2 cups honey	1 teaspoon baking soda or baking
5 eggs	powder

Cream the honey until white. Mix baking powder with the flour and add, a little at a time, to the honey. Add one egg yolk at a time, beating well after each addition. After adding all the egg yolks and the flour, check if the dough is too thick. A little sour cream or sour milk should be added to make it thinner. Fold in beaten egg whites and cleaned and chopped almonds or candied fruit. Pour into prepared baking pan and bake in low oven 30 to 40 minutes.

HONEY COOKIES

MEDUOLÉLIAI

4 ½ cups flour	2 tablespoons sugar
½ teaspoon baking powder	2 tablespoons sour cream
3 egg yolks	1 teaspoon spice mixture
3 tablespoons honey	1 tablespoon caramel (burnt sugar
2 tablespoons melted butter	liquid)

Add honey, spices, and butter to the burnt sugar liquid and bring to a boil. Cream egg yolks with sugar until white; add the sour cream. Add honey mixture, when cooled, and the flour, mixed with the baking powder. Knead well. Cool the dough, roll out and cut out various shapes of cookies. Bake in a low oven.

BOILED HONEY CAKE

VIRTAS MEDUOLIS

3 ½ cups flour	Syrup:
4 eggs	¾ cup honey
2 tablespoons oil	¾ cup sugar
1 tablespoon sugar	1 ½ cup water
	1 teaspoon ginger

Mix first four ingredients and knead a hard dough. Shape into pencil-thin rolls and cut the rolls into ⅓ inch long pieces.

Bring water, honey and sugar to a boil. Put dough pieces into the boiling syrup and simmer until they are

a nice, dark golden color. When almost done, add the ginger and heat until the syrup thickens (a drop of syrup put into cold water should not dissolve). Pour syrup and dough pieces on a sugar sprinkled sheet, smooth out top and sides. When cool, cut into serving pieces, same as for other honey cakes.

"LITTLE NUT" HONEY CAKE

"RIŠUTĖLIŲ" MEDUOLIS

3 ½ cups flour

4 eggs

2 tablespoons sugar

1 teaspoon baking powder

3 tablespoons alcohol spirits

4 tablespoons milk or water

1 lb. lard for deep frying

Syrup:

1 ½ cup honey

1 ½ cup sugar

1 teaspoon ginger

Mix all the ingredients for dough, except the lard, and knead well. Shape dough into pencil-thin rolls and cut the rolls into ⅓ inch long pieces.

Heat the lard, as for donuts, add some of the dough pieces and simmer while mixing, until golden. The "little nuts" swell up while cooking, therefore, they should not be made too large. When golden, remove "little nuts" with a slotted spoon from the fat and place into a bowl. Put more uncooked dough pieces into the fat, and repeat the procedure until all the dough pieces are cooked.

Using the honey and the sugar, cook a syrup, a drop of which, when put into cold water, will not melt. Add the ginger to the hot syrup. Pour prepared syrup over the "little nuts" and mix. Line pan with greased waxed paper, pour mixture into the pan, press well and put in a cold place to set.

Cut into serving pieces, just like other honey cakes, before serving.

This honey cake must be kept in a dry, cool place, since it absorbs moisture readily, the syrup begins to melt and the cake falls apart.

SQUARES PLOKŠTAINIAI

Squares are oblong, thin cakes baked with various baking powders or without them.

Squares may be ordinary, or they may be filled with various fruit and berries or sauces made from fruit and berries.

Ordinary rich squares are made using pastry dough with baking powder, or sometimes without baking powder. The dough is rolled out to a thickness of $\frac{1}{8}$ inch. It is then spread on a baking sheet and garnished with crumbs or little rolls made from the same dough. The dough on the sheet may be covered with sliced apples, plums, fruit fillings, cottage cheese, etc. Pastry squares may be baked completely ungarnished. Such squares are cooled, then glazed and decorated in the same way as tortes.

When making fruit squares, various dried fruits are added to the dough: raisins, prunes, nuts, pears, etc. are examples of the fruit used. Spices such as cinnamon and cloves may also be added to the dough. Only the corners or edges of fruit squares are garnished or decorated.

Baking sheets for squares are lined with waxed paper, which is greased and sprinkled with bread crumbs.

Every kind of square may be served the same as a torte — uncut if it is decorated, or cut into small, variously shaped pieces.

CHOCOLATE SQUARE ŠOKOLADINIS PLOKŠTAINIS

4 tablespoons melted butter	1 cup powdered sugar
1 cup flour	2 tablespoons cocoa or chocolate
5 eggs	1 teaspoon baking powder
2 tablespoons potato starch	

Cream butter with sugar until white, add cocoa and cream well again. Add egg yolks, one at a time and the flour, a little at a time. (Flour is mixed with baking powder before adding). Fold in beaten egg whites. Pour on

prepared baking sheet. Bake in medium oven. When done, remove cake on a serving board, covered with a doily.

COOKED EGG YOLK SQUARE

VIRTŲ TRYNIŲ PLOKŠTAINIS

12 eggs	1 lemon
½ cup melted butter	1 cup sugar
1 cup flour	1-2 wafers

Hard boil 10 eggs, remove yolks and cream them with sugar and lemon juice. Add 2 raw eggs, and the melted butter, a little at a time. Beat very well and add the flour, a little at a time. Line baking sheet with the wafers and pour in the dough. Bake in low oven 20 to 30 minutes.

DRIED FRUIT SQUARE

DŽIOVINTŲ VAISIŲ PLOKŠTAINIS

6 eggs	1 cup cut-up dried fruit
1 cup sugar	½ cup nuts or almonds
½ cup flour	1 teaspoon cinnamon and clove
½ cup potato starch	mixture
1 cup small raisins	

Cream egg yolks with sugar until white, add a mixture of flour and potato starch, a little at a time. Add fruit and mix well. Fold in beaten egg whites. Put dough on baking sheet, lined with wafers, and bake in a low oven 35 to 40 minutes.

COTTAGE CHEESE SQUARE

PLOKŠTAINIS SU VARŠKE

3 ½ cups flour
½ lb. butter
½ cup small raisins without seeds
2 eggs
2 tablespoons sour cream
1 package baking powder

Filling
1 ½ lb. fresh cottage cheese
½ cup sugar
2 oz. butter
3 egg yolks
1 package vanilla sugar
½ cup sugar

Cream butter until white. Separately, cream egg yolks with sugar, then mix with butter and sour cream. Add the flour, mixed with baking powder. Quickly knead the dough in a cool place, cover with a cloth and let stand in a cool place to set.

Roll out $\frac{3}{4}$ of the dough to a thickness of $\frac{1}{8}$ inch, spread in prepared baking sheet, and bake until the top of the cake is light golden. Reserve $\frac{1}{4}$ of the dough for garnish.

In the meantime, prepare the cottage cheese filling. Cream egg yolks with butter and sugar. Force cottage cheese through the sieve, so that there are no lumps. Mix with the egg yolk mixture and beat well. When almost done, add raisins and vanilla sugar.

Remove partially baked dough from the oven. Quickly spread the filling over it to a thickness of $\frac{1}{8}$ inch. Decorate the top with strips of the same dough, brush with beaten egg and bake 20 to 30 minutes in a hot oven (450° F.).

CRUMBLED SQUARE

TRUPINTAS PLOKŠTAINIS

3½ cups flour	1 teaspoon baking powder
1 ½ cup sugar	1 teaspoon vanilla sugar
¾ cup butter or oil	1 teaspoon lemon peel
3 eggs	

Knead all the ingredients together in a cool place. Cover with a cloth and put in a cool place to set. Line baking sheet with waxed paper, grease and sprinkle with bread crumbs. Crumble the dough (nut-sized crumbs) evenly into the baking sheet and bake immediately in a hot oven. Baking time is 30 to 40 minutes. Remove from oven and sprinkle with powdered sugar.

SPRINKLED SQUARE

APIBARSTYTAS PLOKŠTAINIS

4 cups flour	4 egg yolks
1 cup sugar	1 teaspoon baking powder
4 oz. butter	1 teaspoon vanilla sugar
4 tablespoons sour cream	

Cream egg yolks with sugar until white. Cream butter separately. Add butter to egg yolks, add sour cream, vanilla sugar and flour mixed with baking powder. In a cool place, knead well to mix. Let stand in a cool place for 1 hour.

Roll out $\frac{2}{3}$ of the dough to a thickness of $\frac{1}{3}$ inch and spread into prepared baking sheet. Grate remaining dough on a red beet grater directly on top of the dough in the baking sheet, or crumble the dough with your fingers over the dough in the baking sheet. Prepared cake top should look as if sprinkled with oblong dough flakes.

Bake in a hot oven 30 minutes, until cake is golden. If the oven is too cool, the crumbs will melt together and the cake will lose its attractive appearance.

Sprinkle the baked, but still warm cake with powdered sugar and cut into diamond-shaped pieces.

SQUARE WITH GELATIN

PLOKŠTAINIS SU DREBUČIAIS

3 $\frac{1}{2}$ cups flour	2 tablespoons sour cream
4 oz. butter	1 teaspoon baking powder
$\frac{1}{2}$ cup sugar	1 package gelatin
2 eggs	

Cream butter until white. Add one egg at a time, and one tablespoon of sugar at a time, beating well after each addition. Then add sour cream, and flour, mixed with baking powder. Knead the dough to mix the ingredients and put in a cool place to set. Roll out to a thickness of $\frac{1}{3}$ inch and spread into a baking sheet, so that the dough covers the edges of the sheet. Bake 25 to 30 minutes. When baked, remove from the sheet and cool.

Prepare gelatin as directed on the package, pour into a bowl and let stand in a cold place. When it begins to thicken, spoon the gelatin on baked square. The square should first be sprinkled with pea-sized crumbs of the same dough. Put in a cold place to set. When gelatin is set, cut into serving pieces.

Note: This cake may be sprinkles with crumbs and the various canned or parboiled fruits may be arranged on top of it.

FILLED SQUARE

PERTEPTAS PLOKŠTAINIS

6 cups flour	1 package baking powder
½ lb. butter	1 package vanilla sugar
1 ½ cup sugar	2 cups preserves
3 eggs	

Knead all the ingredients (except preserves) mixing them together thoroughly. Cover the dough with a cloth and put in a cool place to set. Divide dough in half. Crumble ½ of the dough into prepared baking sheet, spoon preserves over the crumbs. Crumble the other ½ of the dough on top of the preserves. Bake in hot oven 45 to 50 minutes. When done, sprinkle the square with sugar.

SQUARE SPREAD WITH PRESERVES

APTEPTAS PLOKŠTAINIS

3 cups flour	1 teaspoon baking powder
1 oz. butter	Peel of ½ lemon
1 cup sugar	2 cups preserves
4 egg yolks	

Cut butter into flour with baking powder. Cream egg yolks with sugar and lemon peel. Add to flour mixture and knead to mix. Roll out ⅔ of the dough, spread on baking sheet and bake in the oven until half-done. Remove from the oven, quickly spread with the preserves and decorate with strips of remaining dough. Brush with beaten egg, and finish baking.

SQUARE WITH ALMONDS

PLOKŠTAINIS SU MIGDOLAIS

1 ½ cups flour	½ cup sweet almonds
½ cup sugar	3 eggs
½ lb. butter	Peel of one lemon
½ cup raisins	

Cream butter until white, add egg yolks, one at a time and the sugar. Add grated lemon peel, washed and dried raisins, cleaned and chopped almonds and the flour. Mix well. Fold in beaten egg whites, spread on baking sheet. Bake in a low oven (350° F.) about 30 minutes.

RICH SQUARE

RIEBUS PLOKŠTAINIS

2 cups flour	8 egg yolks
1 ½ cups powdered sugar	1 lemon peel
12 oz. butter	

Cream butter until white, add one egg yolk at a time, beating well after each addition. Mix flour with sugar and add to the batter two tablespoons at a time, beating after each addition. Lastly, add the peel (grated) of one lemon. Mix well and pour batter in a baking pan, lined with waxed paper and greased with butter. Bake in a medium (350° F.) oven. When done, glaze the square and sprinkle with finely chopped nuts.

SQUARE WITH FRUIT

PLOKŠTAINIS SU ŽALIAIS VAISIAIS

2 cups flour	½ cup sugar
4 oz. butter	Some milk
1 egg	

Knead all the ingredients to mix them together, roll out a thin layer and spread it in a prepared baking sheet. Make a braided edge using a bit of the same dough, arrange around the baking sheet. Prick dough with a fork, brush with beaten egg and bake. When done, arrange prepared raw fruit or berries on top of the square. (Fruit or berries may be of one kind or several different kinds. Do not mix the different kinds, but arrange each one separately). Sprinkle the fruit with sugar and pour the following mixture over it:

2 eggs
2 tablespoons sugar

2 tablespoons cream
1 tablespoon cream farina

Cream the egg yolks with the sugar until white, add the cream and beat well. Fold in beaten egg whites, sprinkle with the farina, mix lightly. Pour this mixture over the fruit and bake in a medium oven until done, (15 to 25 minutes).



POUNDCAKE

KEKSAI

Poundcakes are rich, sweet cakes, for which baking soda is used as a leavening agent. They are baked in special baking pans.

The appearance and lightness of this cake depends on the amount of air that is beaten into the cake when making the batter. Therefore, the batter must always be well beaten, and the beaten egg whites should be folded in lightly. The baking pan must be lined with waxed paper, well greased and sprinkled with bread crumbs. After pouring the batter into the baking pan, make a cut along the top of the batter, using a knife or a sharp stick. This is done so that the split in the cake will be in the desired place. While baking, keep the oven on an even temperature and do not disturb the baking since the batter, being heavy and liquid, is likely to collapse if moved, especially at the beginning of the baking. When done, a poundcake is dark golden in color, with a split in the top, and rich and moist. If it is baked too long, it will be dry and bitter, especially if the batter contains fruit.

The poundcake is cooled in the baking pan, then it is removed on a soft cloth. When it is completely cooled, remove the waxed paper and sprinkle the cake with sugar. Place on a cake platter and cut two or three slices before serving.

ORDINARY POUND CAKE

PAPRASTAS KEKSAS

2 cups flour	6 eggs
2 tablespoons potato starch	½ cup raisins or mixed dried fruit
½ lb. butter	1 teaspoon baking powder or soda
½ cup sugar	

Cream the butter until white; add one egg yolk, one tablespoon of flour, mixed with starch and baking powder, and one tablespoon of sugar at a time. Beat well after each addition. When done, add the fruit and fold in the beaten egg whites. Mix lightly, pour into the baking pan (not more than $\frac{3}{4}$ of the pan's contents) and bake one hour in a medium (350° F.) oven.

BLACK AND WHITE POUNDCAKE

MARGAS KEKSAS

2 cups flour	1 lemon
1 cup sugar	4 teaspoons cocoa or chocolate
8 oz. butter	1 teaspoon baking powder or soda
6 eggs	

Cream butter until white, add one egg yolk, one tablespoon of flour mixed with baking powder and one tablespoon of sugar at a time, until all these ingredients are added. Beat well after each addition. Then divide the batter in half and add the cocoa to one half, and grated lemon peel to the other half. Divide beaten egg whites in half and fold one half into each batter.

Into a prepared oblong baking pan, spoon the batter, alternating a tablespoon of dark batter and light batter until both are used up. Bake in a medium oven (350° F.) for one and a half hours.

Note: If, while mixing the batter, it seems too thick, a little cream or water may be added to it.

DARK POUNDCAKE

TAMSUS KEKSAS

1 ½ cups sugar	1 package baking powder
½ cup sugar	2 tablespoons sour cream
4 oz. butter	2 tablespoons strong coffee
4 eggs	

Method is the same as for ordinary poundcake.

MARBLE POUNDCAKE

MARMURINIS KEKSAS

2 cups flour	8 oz. butter
1 cup sugar	2 teaspoons cocoa
4 eggs	½ teaspoon salt
1 package baking powder	½ cup water

Method is the same as for other poundcakes.

POPYSEED POUNDCAKE

AGUONŲ KEKSAS

2 cups flour	1 cup poppy seeds (12 oz. box)
½ lb. butter	4 eggs
½ cup sugar	1 teaspoon baking powder
1 cup sour cream	1 teaspoon soda

Cream butter until white; add poppy seeds, sour cream and beat well. Mix powdered sugar, baking powder and soda with the flour (sifted). Add a couple of tablespoons of flour mixture and one egg yolk at a time to the butter mixture and beat well. When all the ingredients are used up, beat until light and fluffy. Now fold in beaten egg whites. Pour into prepared baking pan (tube pan or oblong pan may be used).

Bake for one hour in a 350° F. oven. May be served with coffee.

COOKIES — LITTLE STICKS

SAUSAINĖLIAI — LAZDELĖS

3 cups flour	To sprinkle on top:
1 cup sugar	2 tablespoons sugar
1 egg yolk	½ cup chopped nuts
½ lb. butter	
Peel of one lemon	

Knead all dough ingredients to mix well. Let the dough stand in a cool place to set. Force dough through cookie press to shape into little sticks, sprinkle each with nut and sugar mixture. Bake in medium oven.

STEP COOKIES

SAUSAINĖLIAI — LAIPTELIAI

2 ½ cups flour	1 package vanilla sugar
½ cup sugar	1 teaspoon baking powder
8 oz. butter	1 cup preserves (for filling)
5 oz. nuts	

Chop the nuts finely and make the dough using all ingredients except preserves. Knead to mix the ingredients thoroughly. Cool the dough to set, then roll out to a thickness of ⅛ inch. Using three different sizes of round cookie cutters, cut out equal amounts of each size of cookies. Place on prepared baking sheet and bake until the cookies turn golden. Spread baked cookies with the preserves and put one of each of the three sizes of cookies on top of one another. The smallest circle is placed on top and is garnished with a berry or half on an almond.

These cookies may be served with coffee or tea.

FILLED COOKIES

PERTEPTI PYRAGAIČIAI

3 ½ cups flour	1 package vanilla sugar
1 ½ cups powdered sugar	1 teaspoon baking powder
1 cup sour cream	2 cups thick preserves
4 eggs	

Cream egg yolks with the sugar until white, add sour cream, vanilla sugar and beat well. Add flour, mixed with baking powder, fold in beaten egg whites. Dough should not be thick. Spoon a layer of the dough into a prepared baking pan, spread with the preserves, and spoon another layer of the dough on top of the preserves. Bake 45 minutes in a 350° F. oven. When baked, sprinkle the cake with sugar and cut into squares.

DEEP-FRIED PASTRY STRIPS ŽAGARĖLIAI

“Žagarėliai” are delicate pastry dough cookies, deep-fried in fat. It is best to use lard or oil for deep-frying these cookies.

The main ingredients are flour, eggs and sour cream. All ingredients should be kneaded together, then the dough should be beaten with the rolling pin, folding the dough toward the center, until blisters start to form on the dough. Then cool the dough to set. Roll it out $\frac{1}{8}$ inch thick, and, using a pastry cotting wheel, cut into 4 to 5 inch long and 1 inch wide strips. Make a slit, lengthwise, in the center of each strip and slip one end of the strip through this slit.

Bring fat to a boil in a shallow, wide pot. Remove from heat, and add one tablespoon of whisky or a couple of slices of raw potato (this will prevent the pastry strips from burning). The fat will bubble up with this addition. Wait until bubbling action stops, then put back on the heat and bring to a boil. Žagarėliai must be put into boiling fat. A pastry strip put into the fat must immediately rise to the surface and sizzle, if this happens then the fat is just right for deep-frying. When one side of the pastry strip is brown, turn it over, using a fork, and finish frying. When done, place žagarėliai on paper towels so that excess fat is absorbed. Then sprinkle each with powdered sugar, flavored with vanilla.

RECIPE I

2 cups flour
2 tablespoons butter
½ cup sour cream
3 egg yolks
1 tablespoon sugar
1 teaspoon rum (optional)
1 teaspoon salt

RECIPE II

2 cups flour
2 eggs
3 egg yolks
2 tablespoons butter
1 teaspoon salt
1 tablespoon alcohol spirits

RECIPE III

2 cups flour
2 tablespoons sour cream
4 egg yolks
1 tablespoon alcohol spirits
½ teaspoon salt

All three recipes are prepared and cooked following the method described above.



RICH CAKES RIEBŪS KEPINIAI

Rich cakes, whose basic ingredient is butter or a good quality table margarine, include delicate pastries, puff paste cakes and chou pastries.

In contrast with yeast dough, the dough of rich cakes is made in a cool place, using cooled ingredients. The dough must be made quickly, so that the fats used do not melt from the warmth of the hands. Before baking, the dough must be chilled. Rich cakes must not be baked together with other types of cake, because they absorb moisture and become soft. Rich cakes are baked in a hot (400-450° F.) oven.

The delicate texture of rich cakes depends on the fats used, therefore, only the best quality of butter or margarine should be used in making pastry or puff paste.

DELICATE PASTRY

TRAPŪS KEPINIAI

The dough for these cakes is made in various ways. The basic ingredients are three parts flour, two parts butter, and one part sugar. During cooking, the fat leavens the cake, therefore, no baking powder or yeast is added to the dough. Fat does not absorb moisture; it also prevents the flour proteins from joining together. Therefore, a dough containing much fat is not smooth. If a smooth pastry dough is desired, so that it can be rolled out, add eggs, milk or water.

Only powdered sugar should be used for this type of pastry, as granulated sugar hardens the dough and does not distribute in the dough evenly.

Pastry dough is prepared more easily and quickly than other types of dough: all the ingredients of the dough are kneaded together on a pastry board or in a small bowl. Then the dough is shaped into a brick and chilled. It is then rolled out from the center to all sides. When rolled out, proceed as directed in the recipe.

Using the same method, but adding less fat, a less delicate pastry dough may be made.

Delicate pastry is used to make various cookies, squares, tortes, small cakes (tarts), and also pastries to be served with soups.

These cakes, when kept in a dry place, in a covered container, will keep a fairly long time without losing their taste.

ALMOND COOKIES

MIGDOLINIAI SAUSAINĖLIAI

2 $\frac{3}{4}$ cups flour	$\frac{1}{2}$ cup shelled almonds
7 oz. butter	3 eggs
$\frac{1}{2}$ cup sugar	1 tablespoon sugar (to sprinkle on top)

Grind almonds and cream with the butter. Then add two eggs and one egg yolk, the sugar, and beat until

smooth and fluffy. Add the flour, knead into the dough, and roll out to a thickness of $\frac{1}{8}$ inch. Cut out various shapes of cookies, place on baking sheet. Brush cookies with egg white and sprinkle with sugar. Bake until golden.

SOUR CREAM COOKIES

GRIETININIAI SAUSAINĖLIAI

3 $\frac{3}{4}$ cups flour	2 tablespoons sugar (for sprinkling on top)
10 oz. butter	
1 cup sour cream	1 teaspoon vanilla sugar
$\frac{1}{2}$ cup powdered sugar	1 egg yolk
3 $\frac{1}{2}$ oz. nuts or almonds	

Chill the butter before making the dough. Quickly knead remaining ingredients into the butter, so that the butter will not melt from the warmth of the hands. Cover the dough with a cloth and put into the refrigerator for one hour. Roll out the dough to a thickness of $\frac{1}{8}$ inch. Using cookie cutters, cut out various shapes of cookies, brush the cookies with beaten egg yolk and sprinkle with sugar and nuts. Bake in a hot oven.

PASTRY SQUARES

PUSIAU TRAPIOS TEŠLELĖS

4 cups flour	To sprinkle on top:
10 oz. butter	2 tablespoons sugar
1 cup powdered sugar	$\frac{1}{2}$ cup chopped almonds
1 egg white	1 egg
1 teaspoon vanilla sugar	

Knead all ingredients together to make a dough, cover it with a cloth and chill to set.

After one hour, roll out to a thickness of $\frac{1}{8}$ inch, cut into 1 $\frac{1}{2}$ to 2-inch squares. Put squares on prepared baking sheet, brush with beaten egg. Sprinkle top of each cookie with chopped almonds and sugar. Bake in a hot oven until golden.

SAND COOKIES

SMĖLINIAI SAUSAINIAI

2 cups flour	To sprinkle on top:
4 oz. butter or margarine	1 tablespoon sugar
1 egg white	1 teaspoon cinnamon
2 tablespoons powdered sugar	1 egg

Put all dough ingredients into a bowl and knead them together. Then chill to set the dough. Roll out to a thickness of $\frac{1}{8}$ inch and cut out various shapes of cookies. Brush top of each cookie with beaten egg and sprinkle with sugar and cinnamon. Bake until golden. Remove from baking sheet when slightly cooled, they will then be less brittle.

NUT SQUARE

RIEŠUTINIS PLOKŠTAINIS

1 cup flour	6 eggs
1 cup powdered sugar	6 bitter almonds
5 oz. butter	1 teaspoon vanilla sugar
7 oz. nuts or shelled almonds	

Cream butter until white. Add one egg yolk at a time, and one tablespoon of sugar at a time, beating well after each addition, until all egg yolks and sugar is added. When the mixture is smooth, add chopped or ground nuts. Beat well, then add flour and beaten egg whites. Mix lightly and pour into baking pan lined with waxed paper or wafers. Smooth out the top of the cake with a spoon. Bake 40-45 minutes in a medium oven. When done, sprinkle cake with powdered sugar.

SOUR CREAM SQUARE

GRİETININIS PLOKŠTAINIS

3 $\frac{1}{2}$ cups flour	3 egg yolks
1 $\frac{1}{2}$ cups flour	1 teaspoon vanilla sugar
1 $\frac{1}{2}$ oz. butter	1 teaspoon baking soda
2 cups sour cream	Filling:
	2 lbs. apples or plums

Into a bowl put chilled sour cream, powdered sugar, egg yolks, butter, vanilla sugar, flour, soda, a dash of salt and knead these ingredients to mix thoroughly. Chill dough for one hour, then roll out to a thickness of $\frac{1}{4}$ inch. Spread layer into prepared baking sheet. Arrange apple or plum pieces on top of the dough. Garnish top of cake with strips of the same dough. These strips must be brushed with beaten egg. Bake in a hot (400° F.) oven for 25 to 35 minutes.

BRITTLE SQUARE

BIRUS PLOKŠTAINIS

3 cups flour	4 eggs
12 oz. butter	1 teaspoon vanilla sugar
1 $\frac{1}{2}$ cups powdered sugar	1 lemon peel

Cream butter until white, add one egg and 2 to 3 tablespoons of flour mixed with sugar at a time, beating well after each addition. Continue until flour and eggs are used up. Add vanilla and grated lemon peel. Mix well and pour the batter into a baking pan lined with waxed paper. Bake in a hot oven. When done, let cake cool in the baking pan, because cake may crumble if removed hot from the baking pan. The top of the cake may be sprinkled with sugar or it may be spread with various preserves.

PASTRY TORTE

TRAPUS TORTAS

3 cups flour	8 oz. butter
1 cup powdered sugar	20 bitter almonds
7 eggs	

Shell almonds and grind in meat grinder. Then put all ingredients into a bowl and quickly knead together in a cool place. Let chill for $\frac{1}{2}$ hour. Divide the dough into three parts. Roll each into a round layer, prick layers with a fork and bake.

When baked, cool. Spread layers thickly with coffee filling, shaping the edges of the cake. Spread the top with the same filling or a glaze and garnish.

SAND TORTE

SMĖLINIS TORTAS

2 cups flour	8 eggs
1 cup powdered sugar	Juice and peel of one lemon
5 oz. butter	

Cream butter until white. Add one egg yolk and two tablespoons of flour mixed with sugar at a time, beating well after each addition. Add lemon juice and grated lemon peel. Beat well. Fold in beaten egg whites. Bake four layers in torte pans, in a hot oven. While they are hot, the layers are very brittle, therefore, remove them from the baking pans when completely cool.

Various fillings or fruit sauces may be used to fill and frost this cake.



PUFF PASTE

SLUOKSNIUOTIEJI KEPINIAI

Puff paste is a very rich pastry, because it is prepared by using almost as much butter or table margarine as flour. Ingredients must be of very good quality. Little sugar is usually added to puff paste, however, quantities of ingredients given in the recipes must be strictly observed. Extremely little salt is added, because it influences not only the taste but also the flakiness of this pastry. Pastries containing sufficient salt consist of thin, even, flaky layers. Tart ingredients also help in forming beautiful flaky layers. However, if too much tartness is added the pastry will not be tasty and will have a poor appearance.

Puff paste must be made in a cool place, so that the butter will not melt.

In preparation of puff paste, 5% of the flour given in the recipe is reserved to be mixed with the butter, another 5% — to be sprinkled on the pastry board. All the remaining flour, water (in which the salt is dissolved), eggs, and all tart ingredients are kneaded together to form the dough. Then the dough is chilled for about 30 minutes, to let the flour proteins expand and the dough to set. The dough will now be easier to roll out.

Put the dough on a flour-sprinkled pastry board and roll out to a thickness of $\frac{1}{4}$ inch. The rolled-out dough should form a square; the edges of the dough should be thinner than the middle.

In the center of the rolled out dough, place the fat. Knead the butter or margarine with the reserved flour. The fat will then be more elastic and dryer. The fat is then formed into a square, $\frac{1}{2}$ inch thick and two times smaller than the dough layer. The square is placed in the center of the dough. Then the dough is folded from all four corners on top of the fat square, in the shape of an envelope. Then the dough is rolled out again slowly in all directions, until a $\frac{1}{4}$ inch quadrangle is again rolled out. Brush off the flour using a pastry brush, and fold the sides toward the middle of the layer, so that the two sides meet in the center, but slightly off to one side. Then fold in half. Roll the dough out again, fold it again and let stand 25 to 30 minutes in a cold place to set, then roll out again. When this is repeated four times, the dough is ready to be used for various pastries — pastry strips, cookies, squares, tortes. If the dough is used after less layers are made, the fat will pour out of the dough while baking and the pastry will be tough. If the dough is rolled out more than four times, the dough will tear because of the thinness of the layers, and the pastry will not rise well. The layer should be larger than the baking sheet, because it shrinks while baking.

Bake in a hot oven without moving or disturbing the pastry.

Before baking, cut the dough using a sharp knife only, so that the flaky layers will not be crushed around the place of the cut. Also, do not squeeze the pastry with

your fingers.

Small pastries are brushed with beaten egg, being careful not to brush the edges, because this will retard the rising of the pastry. If the pastry is to be sprinkled with sugar, do not brush with egg, since then the sugar will melt and the appearance of the pastry will be unattractive. All larger-sized puff paste pastries should be pricked with a fork before baking, then their surface will be smoother when done.

Puff pastry will be unsuccessful if the ingredients are of poor quality; if the dough is rolled out to little, too much, or too vigorously; if the dough is insufficiently chilled; and if the pastry is baked in a low-heated oven.

It is important to follow these rules when preparing puff paste:

The flour that is sprinkled on the pastry board when the dough is rolled out, should not become part of the dough.

The edges of the dough must be cut off before baking, otherwise the pastry will not rise.

When brushing with beaten egg, care must be taken not to seal the edges with the egg. This will retard the rising of the pastry.

Cut-off scraps of the dough should not be kneaded together; they should be placed on top of each other and rolled out.

“LITTLE FINGERS” TO BE SERVED WITH BEER

PIRŠTELIAI PRIE ALAUS

2 cups flour	For topping:
7 oz. butter or margarine	1 egg
1 egg	1 teaspoon salt
2 tablespoons water	1 tablespoon caraway seed
1 teaspoon salt	

Make puff paste as described above. The last time roll out to a thickness of $\frac{1}{4}$ inch and cut the dough into $\frac{1}{3}$ inch wide and 2 inch long strips. Brush the tops with egg and sprinkle with salt and caraway seed. Bake in a hot oven.

Serve with beer.

Instead of salt and caraway seeds this pastry may be sprinkled with sugar. They may be then served with coffee or tea.

PASTRIES WITH APPLE SAUCE

PYRAGAIČIAI SU OBUOLIŲ KOŠE

3 cups flour	½ cup water
10 oz. butter	1 teaspoon salt
1 egg	2 cups thick apple sauce

Make puff paste. The last time roll the dough out to a thickness of one sixth of an inch. Cut the layer into two equal parts and bake on two separate baking sheets. The pastry is done when, if picked up by the corner, it does not bend. When the pastry is cool, one layer is spread with the apple sauce and the other layer is placed on top. The top layer is thinly spread with apple sauce, sprinkled with crumbs of the same pastry and dusted with powdered sugar. Using a sharp knife, the pastry is then cut into small square pieces.

Serve with coffee or tea.

PASTRIES WITH CREME FILLING

PYRAGAIČIAI SU KREMU

3 cups flour	½ cup milk
12 oz. butter	½ stick vanilla
½ cup water	1 tablespoon flour
Creme:	8 eggs
1 cup powdered sugar	

Make puff paste. The last time roll out to one sixth of an inch. Cut the dough into two equal parts and bake each layer separately.

Scald milk with vanilla. Beat egg yolks with the sugar and flour, pour in scalded milk. Pour mixture into a pot and heat mixing constantly, until it thickens to the consistency of good sour cream. Add beaten egg whites and heat again.

When cooled, spread creme on one of the layers and put the second layer on top. Spread the layer thinly with the creme and sprinkle with crumbs of the same pastry. Dust with powdered sugar. Using a sharp knife, cut into small rectangles.

Various fruit fillings may be used instead of creme to fill this pastry.

APPLE UPSIDE DOWN CAKE

UŽKEPAS SU VAISIAIS

1 cup flour	4 oz. butter
1 cup powdered sugar	½ teaspoon cinnamon

Sift together flour, sugar and cinnamon. Cut butter into the flour mixture until small crumbs form. Peel 6 apples, cut into pieces and arrange in prepared baking dish. Sprinkle with lemon juice. Cover apples evenly with the dough crumbs and bake in medium oven (350° F.) 35 to 45 minutes. When cooled, invert cake on a platter and sprinkle with powdered sugar.

May be served with coffee or tea.

PASTRY COOKIES

KAPOTI PYRAGAIČIAI

2 ¾ cups flour	½ cup water
10 oz. butter	½ teaspoon salt
1 egg	

Put flour on pastry board. Make a well in the flour and put into it the butter, water and egg yolk. Using a sharp knife, cut these ingredients into the flour until all the flour is mixed in. Squeeze the dough together with the hands; chill the dough and roll out gently to a thickness of one sixth of an inch. Using a glass or a cookie cutter, cut out round cookies. Using a smaller cutter, cut a small circle in the middle of the cookie, but not all the way through the dough layer. Do not remove the dough from the center. Brush the top with egg, and bake

in a hot oven. When done, remove the center from the cookies, leaving bottom layers of the cookies in place. Fill the hollow with nut paste.

PASTRY HORNS

KAPOTOS TEŠLOS VAMZDELIAI

2 ½ cups flour

7 oz. butter

1 egg

2 tablespoons water

½ teaspoon salt

Filling:

1 cup baked apple sauce

½ cup powdered sugar

2 egg whites

½ package vanilla sugar

Make the same pastry dough as for pastry cookies above. Cut rolled out dough layer into strips 1 inch wide and 6 inches long. Wrap these strips around special tin horn shapes, which should be greased and sprinkled with bread crumbs. Brush surface of dough with egg. Stand the horns or lay them on their sides on a baking sheet, so that they do not touch each other. Bake in hot oven 15 to 20 minutes.

When done, let cool slightly and remove the pastry from the horn shapes. When completely cooled, fill with apple or cream filling. Serve with coffee.

ENGLISH SQUARE

ANGLIŠKAS PLOKŠTAINIS

2 ½ cups flour

5 oz. butter

1 cup powdered sugar

4 egg yolks

Juice of ½ lemon

2 tablespoons water

Filling:

1 cup thick apple sauce

or preserves

Using all ingredients, except preserves, make a dough as for pastry cookies. Chill, then roll out ¾ of the dough and spread into a baking pan (square). Prick the dough with fork and bake. When almost done, remove from oven, spread with apple sauce or preserves and decorate with strips of reserved dough. Brush strips with egg and finish baking.

Serve, cut into square pieces, with coffee.

LITTLE TONGUES

LIEŽUVĖLIAI

3 cups flour	½ teaspoon salt
8 oz. butter	1 tablespoon water
1 egg	3 tablespoons sugar

Make dough as for pastry cookies and chill. Roll out to a thickness of one fifth on an inch and cut out 1 by 2 inch sized, tongue shaped cookies. Sprinkle a pastry board with flour, sprinkle each cookie with sugar, and roll out each cookie lengthwise, so that the sugar is pressed into the dough. Put cookies on prepared baking sheet and bake in hot oven until the sugar begins to melt and gives the surface of the cookies a glossy appearance.

The same dough may be used to make different shapes of cookies with various fillings.

NAPOLEON TORTE

KAPOTAS PYRAGAS (NAPOLEONAS)

Filling:

4 cups flour	4 cups cream
1 lb. butter	1 ½ cups sugar
2 egg yolks	1 lb. butter (cream separately)
½ cup sour cream	6 egg yolks
½ teaspoon salt	1 package vanilla sugar
	1 lemon peel (optional)

Cut butter into the flour until fine crumbs form. Add sour cream and egg yolks and cut the dough until all is mixed. Divide the dough into 6 parts and chill. Roll each part out to a thickness of ½ finger and trim the edges of the layer. Place on baking sheet, prick with fork. Bake in a hot oven (450° F.).

When done, put layers in a cool place.

Scald cream with vanilla and pour over egg yolks beaten with sugar. Mix quickly while pouring the cream. Pour mixture into the top of a double boiler and heat, stirring

constantly, until the mixture thickens. Let stand in cold place to cool. When cooled, add butter, creamed until white, and beat well. Beat again before filling the cake.

This filling may be made in various ways. Instead of cream, strong coffee, chocolate, lemon or other fruit juices may be used. In such a case, some potato starch will have to be added.

Spread cooled layers with the above filling. Frost the sides and top of cake with this same filling and sprinkle with crumbs.



CHOU PASTRY PLIKYTINIAI

Chou pastry is a type of batter that must be made while being heated. Main ingredients include water, flour, butter, eggs, sugar and salt. To make this type of pastry successfully, the recipe must be followed exactly and the oven heated as directed.

First, bring the water to a boil in a pot; add melted butter, salt, sugar, and sifted flour. Cook mixture 3 to 4 minutes, stirring with a wooden spoon, until it is light yellow in color and comes away from the sides of the pan. Do not overheat the batter or the butter will separate. Cool the batter, then add the eggs, one at a time, beating constantly. The eggs regulate the thickness of the batter. If the batter is too thick, the pastry will not puff up; if the batter is too thin, the pastry will have an unattractive appearance and may collapse. A too-thin chou pastry may be corrected only by adding some thick chou pastry made in the same way. Chou pastry must be the consistency of sour cream.

When the batter is finished, baking powder is sometimes added, especially if the batter is very rich. However, chou pastry usually rises without the help of baking powder. The lightness of chou pastry depends on the amount of air beaten into the batter during its preparation.

As soon as the prepared batter is cooled, it should be forced through a pastry bag or shaped with a metal spatula into desired shapes, on a buttered baking sheet. Bake for 20 minutes in a hot oven, then, when the pastry is golden, lower the heat and bake until the pastry is dry. When done, the pastry is hollow inside. Using a pastry bag, fill the pastry with filling or creme. Sprinkle the top with powdered sugar.

Chou paste for all kinds of baking is made in the above way. However, if the filling of the pastry is to be chopped meat (pastries to be served with clear soups) do not add sugar to the batter.

ECLAIRS

PLIKYTINIAI SU KREMU

2 ½ cups flour

1 cup melted butter

1 cup water

10 eggs

3 tablespoons sugar

Filling:

3 cups sweet cream

2 packages vanilla sugar

¾ cup powdered sugar

Prepare batter as described above. Using pastry bag, shape the batter into desired shapes on a buttered baking sheet. Bake and cool. Then, using a sharp knife, cut off the tops of the pastries, and using pastry bag, fill with whipped cream filling. Replace tops on the pastries and dust each eclair with powdered sugar.

“WIND” PASTRIES

“VĖJO” PYRAGAIČIAI

1 cup flour

½ cup water

½ cup melted butter

5 eggs

½ teaspoon salt

Filling:

2 cups sweet cream

2 egg yolks

¾ cup sugar

1 package vanilla sugar

2 tablespoons flour

3 oz. butter

1 lemon

Strawberries for garnishing

Bake pastries, and when cool, cut in half.

Scald cream with sugar and vanilla and gradually, stir into flour, sauteed in butter. Heat, stirring vigorously, until mixture thickens. Then remove from heat and beat in one egg at a time. Beat thoroughly. During last part of beating, add grated peel of one lemon and its juice. Fill pastries with this filling, garnish tops with strawberries and dust with powdered sugar.



TORTES

BISKVITINIAI KEPINIAI

The batter described in this section, is the basis for making tortes, layer cakes and rolled-up cakes. The ingredients for this batter must include eggs, sugar, flour, usually in the following proportion: for one egg, use 2 tablespoons sugar and 1 tablespoon (heaping) flour. Other ingredients include fruit, nuts, almonds, lemon juice, coffee, cocoa, and various flavorings. Usually the cake is named after the principal flavoring used, for instance, lemon torte, bread torte, nut torte, etc.

The flour used for tortes is wheat flour. If a more delicate, drier cake is desired, one half of the flour is substituted by potato starch. Instead of flour, cream farina or white or black bread crumbs may be used.

It is best to use powdered sugar, or a finely granulated one. (The batter will then be fluffier). Coarsely granulated sugar makes the cake coarse textured, easily broken.

The eggs must be absolutely fresh, because the yolks of old eggs are hard to separate from the whites, and such whites will not beat easily.

No baking powder or yeast is added to torte batter. The eggs make this type of batter rise.

The creaming of the egg yolks, the whipping of the egg whites, or the beating of the eggs using the hot method, adds air to the batter. This air expands while baking and makes the cake fluffy.

Two methods are used in preparing torte batter. The cold method and the hot method.

When the cold method is used, care must be taken in separating the egg yolks from the whites. The egg yolks are then creamed with sugar, until the volume of the mixture triples. Do not cream the egg yolks too long; this evaporates much moisture from the yolks and makes the cake tough.

Keep the whites in a cold place, then whip. Start whipping slowly, then keep increasing the speed. Properly whipped egg whites are of a white, glistening color and they are stiff. Their volume increases 4 to 5 times, and the foam firmly clings to the whisk. Well whipped egg whites will not fall out of an inverted bowl. In improperly whipped egg whites, large air bubbles will form, which will burst when stirred into the batter and the cake will not rise properly. If the egg whites are whipped too much, the walls of the air bubbles become too thin. They break during baking, and the cake collapses.

The whipped egg whites are added to the creamed egg yolks together with the flour or other ingredients. It is better to add the egg whites in parts, mixing lightly.

Another way to prepare torte batter using the cold method is the following: Cream egg yolks with a part of the sugar (about $\frac{3}{4}$ of the sugar called for in the recipe). Preheat the oven, then whip the egg whites and mix the remaining sugar into the egg whites while whipping. When sugar is added, it is easier to whip the egg whites. Their volume will increase 4 to 5 times. Then the egg whites and the flour (and starch if it is included in the recipe) are added in parts to the egg yolks and mixed lightly. The batter made in this way may be kept a short time before baking and it is less likely to collapse during baking, since the sugar absorbs moisture from the egg whites and the air bubbles therefore become firmer.

Batter made from 6 to 8 eggs bakes 20 minutes.

Batter made from 8 to 12 eggs bakes 30 minutes.

Batter made from 12 to 15 eggs bakes 40 minutes.

Batter made from 15 to 20 eggs bakes 50 minutes.

The hot method of preparation is usually used in making rich tortes. The dish containing eggs and sugar is placed into warm water and the mixture is beaten, using a whisk broom, while it is being heated. When the mixture reaches about 130° F., the dish is removed from the water, and the mixture is beaten until it cools. Then the dish is placed back into the warm water and the beating is continued. This procedure is repeated several times. Do not whip egg whites or cream egg yolks in aluminum containers, because this will turn the cake dark. When the volume of the mixture increases 2 to 3 times and it is fluffy and light, add all other ingredients, mix and bake.

Do not touch the cake during the first 10 to 15 minutes of baking because the slightest shock will burst the air bubbles. The air then evaporates and the cake will be tough.

The cake is tested if it is done by inserting a toothpick into the middle. (If the toothpick is dry, the cake is done). If pressed with a finger, the batter will spring back if it is done. If an indentation remains, the cake needs more baking.

The cake should be cooled in the baking pan. Then run a knife around the sides of the baking pan to loosen the cake and invert the cake pan on a board to remove cake.

SIMPLE TORTE

PAPRASTAS BISKVITINIS TORTAS

8 eggs	3 tablespoons potato starch
8 tablespoons sugar	1 teaspoon rum or arrack
5 tablespoons flour	

Cream egg yolks with sugar until white, add potato starch and flavoring to the mixture. Then add sifted flour and well-whipped egg whites. Mix lightly, so that the egg whites are not crushed. Pour into prepared baking pan and bake in a medium oven (300 to 350° F.) 20 to 30 minutes. Remove from pan when done.

The batter may also be prepared using the hot method. This cake may be matched with bread torte, pepper torte,

coffee torte and other dark torte layers.

It may be filled with tart preserves or apple sauce.

BREAD TORTE

DUONINIS TORTAS

9 eggs	4 tablespoons milk or cream
9 tablespoons sugar	1 teaspoon cocoa
1 cup black bread crumbs	1 teaspoon ground spices
4 tablespoons potato starch	

Separate egg yolks from the whites and cream with sugar until white. Add $\frac{1}{2}$ of the bread crumbs (moisten the bread crumbs with the milk or cream, to make separate, moist crumbs), potato starch and spices; mix, then add remaining bread crumbs and whipped egg whites. Mix lightly, and pour into prepared baking pan. Bake in medium oven 40 to 50 minutes. Cool in the pan. Cut into $\frac{1}{3}$ to $\frac{1}{2}$ inch thick layers and alternate the layers with other, light-colored torte layers. A rich filling may be used for this cake.

BEST RICH TORTE

GERIAUSIAS RIEBUS TORTAS

9 eggs	1 $\frac{1}{2}$ cups flour
6 oz. butter	1 lemon
1 cup sugar	

Cream butter until white, add one egg yolk, one tablespoon sugar and one tablespoon of flour at a time, beating after each addition until white. Continue until all egg yolks, sugar and flour are used up. Then add grated lemon peel and lemon juice. Beat well again. Lastly, fold in whipped egg whites. Bake four thin layers from the mixture. The oven should be hot (400 to 450° F.).

When done, cool the cake in the baking pan.

Cake may be filled with preserves or a chocolate filling.

PEPPER TORTE

PIPIRINIS TORTAS

9 eggs	1 teaspoon cocoa
1 cup black bread crumbs	4 tablespoons sweet cream
3 tablespoons potato starch	1 teaspoon spice mixture
1 cup sugar	

Cream egg yolks with sugar until white, add potato starch, bread crumbs and spices, a little at a time. Mix well. Fold in whipped egg whites. Pour batter into prepared baking pan and bake in medium oven (300 to 350° F.). This cake may be filled with a rich filling.

SOUR CREAM TORTE

GRIETININIS TORTAS

12 eggs	3 cups good quality sour cream
1 ½ cups sugar	1 package vanilla sugar
1 ½ cups flour	

Cream egg yolks with sugar. Beat sour cream well and mix into the egg yolk mixture. Whip egg whites in a cool place and fold into the batter, sprinkling in the flour at the same time. Mix lightly and pour the batter into a prepared baking pan. Bake in medium oven 30 to 40 minutes.

This cake is put together adding dark torte layers. It is filled with pineapple or a rich filling.

ALMOND TORTE I

MIGDOLINIS TORTAS I

4 eggs	½ cup sweet almonds (cleaned)
8 oz. butter	10 bitter almonds (cleaned)
1 cup sugar	1 ½ cups flour

Cream butter until white. Cream egg yolks with sugar in a separate dish. Combine creamed butter and egg yolk mixture, add ground almonds and flour. Beat well again. Fold in whipped egg whites and pour into prepared baking pan. Bake in medium oven 30 to 40 minutes.

ALMOND TORTE II

MIGDOLINIS TORTAS II

10 eggs
10 oz. butter
1 ½ cups sweet almonds (cleaned)

1 ½ cups sugar
¾ cup flour

Cream butter until white. Separately cream egg yolks with sugar. Combine creamed butter and egg yolk mixture and add ground almonds mixed with flour. Fold in whipped egg whites. Mix lightly, pour into two prepared baking pans and bake in a hot oven 30 to 40 minutes.

This cake may be put together adding coffee, cocoa, bread and other dark torte layers.

Cake may be filled with a sweet cream filling.

CHOCOLATE TORTE WITH NUTS

ŠOKOLADINIS TORTAS SU RIEŠUTAIŠ

18 eggs
2 cups powdered sugar
1 cup grated chocolate

½ cup ground nuts
½ cup black bread crumbs
½ cup white bread crumbs

Cream egg yolks with sugar. Mix ground nuts, grated chocolate, and the bread crumbs and add to the egg yolk mixture, together with the whipped egg whites. Mix lightly, pour into prepared baking pans and bake 35 to 40 minutes in a medium (350° F.) oven.

Cut baked cake into layers and fill with a sweet cream filling or a rich filling. Layers of light, rich tortes or pastry tortes may be added in making up this cake.

CHOCOLATE TORTE WITH SPICES

ŠOKOLADINIS TORTAS SU PRIESKONIAIS

10 eggs
1 cup powdered sugar
½ cup grated chocolate

½ cup black bread crumbs
¼ cup flour
1 teaspoon spice mixture

Cream egg yolks with sugar. Mix grated chocolate with bread crumbs, flour and spices. Add to the egg yolk mix-

ture, together with whipped egg whites and mix lightly. Pour into prepared baking pan and bake in a medium oven about 50 minutes.

NUT TORTE

RIEŠUTINIS TORTAS

8 egg yolks	1 cup mixed, shelled nuts
10 egg whites	1 ½ cups sugar
	½ cup white bread crumbs

Cream egg yolks with sugar. Dry the nuts and rub between the palms to remove brown skins. (One kind of nuts may be used for this torte, but the cake tastes better if two kinds of nuts are used).

Whip egg whites and add to the yolk mixture together with nuts and bread crumbs. Mix lightly and pour into a prepared cake pan. Bake in a medium oven 30 minutes.

In making up this cake, layers of pepper, sour cream, or other tortes may be added. Fill with a sweet cream filling.

CHOCOLATE TORTE

ŠOKOLADINIS TORTAS

12 eggs	2 cups sweet almonds
1 cup sugar	2 cups chocolate
½ cup bread crumbs	1 teaspoon spice mixture

Shell almonds and grind. Cream egg yolks with sugar until white, add ground almonds, grated chocolate and spices. Bread crumbs should be mixed with the chocolate. Beat mixture well. Fold in whipped egg whites.

Bake in a medium oven 40 minutes

Fill with a rich filling and a light-colored filling.

CHOCOLATE TORTE (Refrigerator Torte)

ŠOKOLADINIS TORTAS (Šaldytas)

1 cup chocolate	1 cup sugar
1 cup sweet almonds	10 egg yolks (hard boiled)

Shell almonds and grind in meat grinder. Cream the hard boiled egg yolks. Add all ingredients, beat well, knead and make two layers. Put one layer on a platter, spread with filling and cover with the second layer.

Filling:	2 tablespoons sweet cream
½ cup shelled almonds	1 teaspoon vanilla sugar
2 tablespoon sugar	

Beat all ingredients well and spread on the first layer. Cover with second layer and press together lightly.

Glaze:
2 oz. chocolate
2 tablespoons sweet cream
1 teaspoon lemon juice

Grate chocolate and melt in hot cream and lemon juice. Beat well, and pour over the torte. Garnish with almonds and nuts. Keep in a cold place.

COCOA TORTE

KAKAVINIS TORTAS

10 eggs	½ cup cocoa
5 oz. butter	1 cup flour
1 cup sugar	20 sweet almonds

Cream butter until fluffy, add one egg yolk, one tablespoon sugar at a time and beat after each addition until mixture is white. Continue, until all ingredients are used up and the mixture is fluffy and its volume increases 2 to 3 times. Then add ground almonds, cocoa and whipped egg whites, sprinkling in the flour at the same time. Mix lightly, pour batter into prepared baking pan, and bake 30 to 40 minutes.

Layers from various other tortes may be added in making up this cake.

COFFEE TORTE

KAVINIS TORTAS

7 eggs	
1 cup sugar	
3 tablespoons melted butter	Syrup:
5 oz. sweet almonds	½ cup coffee beans
2 tablespoons flour	3 tablespoons sugar
1 tablespoon bread crumbs	1 jigger good honey liquor (krupnikas) or arrack

Coffee torte is made by using the hot method — beating the eggs with the sugar in hot water. When the beaten eggs are cool, add melted butter, flour, ground almonds and bread crumbs. Mix lightly, pour batter into prepared baking pan and bake 30 minutes in a medium oven.

In the meantime, pour 1 ½ cups of boiling water over the coffee, cover and heat (but do not boil) 10 to 15 minutes. Strain through a filter, cover and cool. Then mix with liquor and sugar. Moisten cake layers thoroughly with this syrup and fill cake with coffee filling.

COFFEE TORTE (Method II)

KAVINIS TORTAS (II Būdu)

2 tablespoons bread crumbs	12 eggs
3 oz. sweet almonds	¾ cup sugar
2 tablespoon lemon juice	⅔ cup melted butter
1 teaspoon vanilla sugar	1 cup flour

Make the batter as for simple torte and bake 6 layers. When the layers are cool fill with coffee filling with eggs, and frost the top and sides with the same filling. Sprinkle the torte with crumbs or garnish with wafers.

SCALDED TORTE

PLIKYTAS TORTAS

8 eggs	2 tablespoons bread crumbs
¾ cup sugar	3 oz. sweet almonds
⅔ cup melted butter	2 tablespoons lemon juice
1 cup flour	1 teaspoon vanilla sugar

This cake batter is made using the hot method. Add lemon juice, flavorings, ground almonds and melted butter to creamed egg yolks. Beat well. Then add whipped egg whites, sprinkling in the bread crumbs and flour. Mix lightly, pour into prepared baking pan and bake 40 to 50 minutes, in a hotter oven than an ordinary torte. Cool in cake pan. Then remove on a cloth and moisten.

Fill with a sweet cream filling.

LAYERED TORTE

RAGUOLIŲ TORTAS

5 eggs	½ cup sugar
3 oz. butter	1 teaspoon vanilla sugar
1 cup flour	Peel of ½ lemon.

Cream butter until white. Mix flour with sugar and grated lemon peel. Add one egg yolk and two tablespoons flour mixture to the butter and beat well. Repeat, until all egg yolks and flour mixture is used up. Batter must be fluffy, and must increase in volume. Add whipped egg whites, mix lightly, and pour a thin layer into prepared baking pan. Put into the oven until browned. Remove and pour another thin layer of batter. Bake again. Repeat this process until batter is used up. The more layers there are, the better. When baking the last time, let brown thoroughly. When done, remove from oven and sprinkle with powdered sugar.

ROLLED-UP CAKE

VYNIOTAS BISKVITAS

10 eggs	2 tablespoons potato starch
1 ½ cups sugar	1 teaspoon arrack
¾ cup flour	1 cup fruit sauce for filling

Prepare the batter as for ordinary torte. Pour a thin layer into awaxed paper lined oblong baking pan, and bake 30 to 40 minutes in a medium oven. When still warm, remove the cake on a cloth, moisten with warm syrup and spread with the fruit filling. Starting with the edge,

roll the cake up. Sprinkle top with powdered sugar. Cut cake into slices before serving.

If the baked cake is thicker than $\frac{1}{3}$ inch, cut it into two layers before spreading with filling, and roll up each layer separately.

Any kind of torte batter may be used for the rolled-up cake, however, potato starch must be added to the recipe. Potato starch makes the cake more elastic and it is easier to roll up.

APPLE UPSIDE-DOWN CAKE

OBUOLIŲ TORTAS

6 eggs	2 tablespoons lemon juice
1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ package baking powder
1 cup sugar	3 lbs. apples

Peel apples, remove cores, and cut into one-half finger thick slices. Line torte pan with waxed paper, grease the pan and sprinkle with bread crumbs. Arrange apple slices in 3 to 4 rows on the bottom of the pan.

Using eggs, flour and sugar, prepare batter as for ordinary torte. Since more flour is used in this recipe, and a fluffy batter is desired, baking powder must be added to this batter.

Pour prepared batter on top of the apples, and bake in medium oven 1 to 1 $\frac{1}{2}$ hours.

When done, remove from oven and cool in the baking pan. Then invert and remove the cake on a pastry board, so that the apples are on top, and sprinkle the cake with powdered sugar.



Torte Decorating

The baked torte is cut into $\frac{1}{8}$ inch layers using a thread or a sharp knife. The thinner the layers, the better-tasting the torte will be.

Usually tortes are fairly dry, therefore, before assembling the cake, the layers should be moistened with sugar syrup made from $\frac{1}{2}$ cup of water, 2 tablespoons sugar, and arrack or rum. The cake may also be moistened with wine, but if the cake is kept a longer time, the wine-moistened cake may start to sour. Bread torte and pepper torte layers are especially good when moistened with fruit juices. The top layer of the torte is not moistened, since it then becomes hard to frost, and a glaze will not adhere to it.

Let moistened layers stand for 24 hours in a cool place, to distribute the moisture evenly.

When assembling the torte, each layer is spread with a filling. Rich fillings of a different color from the cake layers are usually used to fill ordinary tortes. Rich tortes should be filled with fruit sauces, preserves, or sweet cream filling. The layers are then placed on top of one another, pressed down, and left to stand for a couple of hours. Then their edges are cut to smooth them out, the top and sides are frosted or glazed, crumbs of the same dough are sprinkled on the sides of the torte.

The top of a torte may be decorated with frosting, crumbs, fruit or preserves.

A torte made from layers of two different kinds of batters — dark and light — is tastier and more attractive. A few examples are: bread torte layers used with scalded torte layers, cocoa torte layers used with ordinary torte layers, etc.

FILLINGS AND FROSTINGS FOR TORTES

ORDINARY FILLING

PAPRASTAS KREMAS

10 oz. butter	3 level tablespoons flour
2 cups sugar	1 teaspoon vanilla sugar
2 cups water	

Bring water with sugar and vanilla to a boil and mix into flour, diluted in water. Simmer until mixture thickens.

Cream butter until white. Pour cooled syrup into the butter, a little at a time, and beat until mixture is fluffy. If two colors of filling are desired, divide mixture into two parts. Add cocoa to one of the parts and beat well.

To color filling, burnt sugar may be added or, instead of water, use a thin essence of tea, coffee, or cranberry juice.

Add desired flavorings to the second half of the filling.

BERRY JUICE FILLING

UOĞU SUNKOS KREMAS

6 egg whites
6 tablespoons thick raspberry or strawberry juice

Put container with egg whites into hot water, and beat the egg whites until white. Pouring in slowly, add the berry juice, whipping until the foam is very thick. Cool and use to fill rolled up cakes or rich tortes.

SWEET CREAM FILLING

GRIETINĖLĖS KREMAS (Kaimakas)

Method I:

1 cup sweet cream
1 cup sugar
1 package vanilla sugar

Pour all ingredients into a small pot and cook, stirring with a wooden spoon, until the mixture is the consistency of a good sour cream. Chill the mixture, and beat very well until fluffy. If the filling is too thick, some sweet cream may be added.

Method II:

1 ½ cups sweet cream
1 ¾ cups sugar
3 ½ oz. butter
1 package vanilla sugar

The method of preparation is the same as above, but the butter should be creamed and added to the chilled and well beaten filling. Mix well after adding the butter.

COFFEE FILLING

KAVINIS KREMAS

1 lb. butter
2 cups powdered sugar
½ cup strong black coffee

Add sugar to the coffee, heat to thicken, then cool.

Cream the butter until fluffy, add the coffee syrup a little at a time, beating constantly. Chill the filling.

This filling may be used to fill and frost the torte, and it may also be used to decorate the torte by forcing the filling through a pastry bag.

1 ½ to 2 oz. of cocoa butter may be added to this filling. Cocoa butter has a delicious flavor and gives a thicker consistency to the filling.

COFFEE FILLING WITH EGGS

KAVINIS KREMAS SU KIAUŠINIAIS

3 egg yolks
1 ½ cups powdered sugar

1 cup strong coffee
7 oz. butter

Cream sugar with egg yolks until white. Gradually beat in the coffee. Pour into a small pot and heat over

low heat, stirring constantly, until the mixture thickens. Remove from heat, and beat until completely cooled. Add to the creamed butter, beat well, and chill.

EGG, OR COCOA FILLING

KIAUŠINIŲ, ARBA KAKAVINIS KREMAS

4 eggs	1 package vanilla sugar
2 cups powdered sugar	2 heaping tablespoons cocoa
12 oz. butter	

Put eggs and sugar into a container and place the container into hot water. Beat well. When the mixture heats to about 100° F., remove from hot water, and beat until cool. Repeat procedure 2 to 3 times. When the mixture thickens and its volume increases, beat until completely cooled. Add creamed butter, vanilla sugar and cocoa. Beat well again and chill.

EGG FILLING (Method II)

KIAUŠINIŲ KREMAS (II Būdas)

8 eggs	
1 cup powdered sugar	1 heaping tablespoon flour
½ cup sweet cream	1 teaspoon vanilla sugar

Bring vanilla sugar and sweet cream to a boil. Cream egg yolks with sugar and flour and scald with the boiling cream. Pour mixture into a pot, heat, stirring constantly, until the mixture thickens to the consistency of good sour cream. Whip the egg whites, stir into the egg yolk mixture, and heat for a short time, stirring constantly. Cool and use filling to fill and frost rich tortes.

Filling may be colored by adding cocoa or chocolate.

EGG YOLK FILLING

TRYNIŲ KREMAS

8 egg yolks	1 heaping tablespoon flour
1 cup sugar	7 oz. butter
¾ cup milk	1 package vanilla sugar

Cream egg yolks with sugar. Heat 1 tablespoon of butter (from ingredients) in a frying pan, add the flour and saute until golden. Add the milk. When the milk comes to a boil, pour mixture into egg yolks. Mix and pour into a small pot; heat, stirring with a wooden spoon, until the mixture thickens. Cool and add creamed butter. Beat well.

Keep filling in a cold place.

ALMOND FILLING

MIGDOLINE MASE

½ lb. sweet almonds	2 cups powdered sugar
10 bitter almonds	3 egg whites

Grind almonds, add egg whites and sugar and beat. Container with these ingredients should be placed into hot water. Beat until mixture is even and thick, then add a few drops rum. Cool and use to fill tortes.

Nuts may be used instead of almonds.

PINEAPPLE FILLING

ANANASINIS KREMAS

1 package pineapple gelatin	1 cup powdered sugar
1 ½ cups water	4 egg yolks
½ lb. butter	

Make gelatin according to package directions.

Cream the butter, adding one egg yolk at a time and one tablespoon of sugar at a time. Beat until fluffy. When all egg yolks and sugar are added, pour in the cooled gelatin slowly, beating constantly. Beat until the mixture begins to thicken. Put in a cold place to thicken completely.

When it just begins to thicken, this filling may be used on the torte instead of glaze.

ORANGE FILLING

APELSININÉ MASÉ

3 oranges	3 cups powdered sugar
1 lemon	1 ½ cups water

Soak oranges and lemon in cold water 24 hours. Then cover with fresh water, and simmer until the peels are completely soft. Remove from the water, wrap in a cloth and let stand in a warm place. When cool, cut the fruit in half, remove seeds. Remove pulp with spoon into a small pot, grind the peels and add to pulp. Add the water and sugar and simmer, stirring constantly, until the mixture thickens and its surface begins to glisten.

Orange filling may be used to fill and frost sant tortes and other rich tortes and squares.

POPPY SEED FILLING

AGUONINÉ MASÉ

12 oz. poppy seeds	10 bitter almonds
1 cup sweet almonds or nuts	1 teaspoon rum

Grind almonds twice. Put all ingredients into a container. Place container into hot water, and beat the ingredients until mixture is thick.

SYRUP FOR MOISTENING TORTES

SIRUPAS BISKVITAMS SULAISTYTI

2 cups water	1 jigger cognac or wine
1 cup sugar	1 teaspoon rum

Bring water and sugar to a boil. Remove foam and cool. Add cognac or wine and rum. Mix and use to moisten torte layers.

GLAZES

GLAJAI (Liukrai)

EGG WHITE GLAZE

BALTYMŲ GLAJUS

1 egg white
1 cup powdered sugar
1 teaspoon lemon juice

Beat egg white and sugar with a wooden spoon until white, fluffy and increases 2 to 3 times in volume. When almost finished beating, add lemon juice, a little at a time.

When this glaze is used, the cake must be dried in the oven in order to contract the egg white. This glaze may be used on warm cakes.

BOILED EGG WHITE GLAZE

VIRTAS BALTYMŲ GLAJUS

5 egg whites	½ cup water
2 cups sugar	1 tablespoon lemon juice

Simmer water and sugar in a covered pot, until a drop of the syrup, when added to cold water, will not dissolve. Then add lemon juice, and keep the syrup covered until the egg whites are prepared.

Whip the egg whites. Add to the hot syrup and whip until the mixture is thick.

Cakes glazed with this glaze must be dried in a cool oven. Use glaze on warm cakes.

BOILED GLAZE

VIRTAS GLAJUS

2 cups sugar
½ cup water
Juice of 1 lemon

Simmer sugar and water until a drop of the syrup, when put into cold water, will not dissolve. Quickly stir in strained juice of $\frac{1}{2}$ of the lemon, cover the pot tightly and put in a cold place to chill. When chilled, pour into a bowl and beat until white. Towards the end of the beating, add remaining lemon juice.

This glaze is used on cold cakes and will harden without being dried in the oven.

CHOCOLATE GLAZE **ŠOKOLADINIS GLAJUS**

2 egg whites	4 oz. chocolate
2 cups sugar	2 tablespoons lemon juice

Beat sugar and egg whites until white. Beating constantly, add melted chocolate and lemon juice. Beat well and spread over the top of the cake.

BOILED CHOCOLATE GLAZE **VIRTAS ŠOKOLADINIS GLAJUS**

1 $\frac{1}{2}$ cups sugar	
$\frac{1}{2}$ cup water	1 tablespoon lemon juice
4 oz. chocolate	1 tablespoon melted butter

Cook an ordinary glaze. Cool and beat until white. Add melted chocolate and the melted butter, to make the mixture glisten. Beat the mixture well.



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